



New Mexico Youth Risk and Resiliency Survey (YRRS)  
High School Survey Results  
Sandoval County  
Grades 9-12, 2013

New Mexico Department of Health  
New Mexico Public Education Department  
UNM Prevention Research Center



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## ACKNOWLEDGEMENTS

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### NEW MEXICO DEPARTMENT OF HEALTH

Retta Ward, MPH, Cabinet Secretary, New Mexico Department of Health  
 Michael Landen, MD, MPH, State Epidemiologist and Director, Epidemiology and Response Division\*  
 Toby Rosenblatt, Bureau Chief, Injury and Behavioral Epidemiology Bureau  
 Lori Zigich, MPH, Survey Section Manager, Injury and Behavioral Epidemiology Bureau\*  
 Dan Green, MPH, Survey Epidemiologist, Injury and Behavioral Epidemiology Bureau\*  
 James Padilla, MS, Tobacco Epidemiologist, Tobacco Use Prevention and Control Program\*  
 James Farmer, MPH, Health Services Manager, Office of School and Adolescent Health\*

### NEW MEXICO PUBLIC EDUCATION DEPARTMENT

Hanna Skandera, Secretary of Education  
 Paul Aguilar, Deputy Secretary, Finance and Operations  
 Denise Koscielniak, Director, Federal Programs  
 Dean Hopper, Director, Coordinated School Health & Wellness Bureau  
 Cris Kimbrough, Deputy Director, Coordinated School Health & Wellness Bureau\*  
 Gabrielle Abousleman, HIV/STI Prevention Education Coordinator, Coordinated School Health & Wellness Bureau

### UNIVERSITY OF NEW MEXICO DIVISION FOR PREVENTION AND POPULATION SCIENCES, HEALTH EVALUATION AND RESEARCH TEAM

Linda J. Peñaloza, PhD, Associate Research Professor\*  
 Laura Gutman, PhD, Multi-Media Development Specialist  
 Courtney FitzGerald, MSSW, LMSW, Associate Scientist II  
 Leona Woelk, MA, Associate Scientist II  
 José Canaca, MD, Associate Scientist I  
 Eric Chrisp, MS, Associate Scientist II

### ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

Kevin English, RPh, MPH, Director  
 Judith Espinoza, MPH, Epidemiologist\*  
 Ophelia Spencer, Tribal Survey Coordinator

### NEW MEXICO HUMAN SERVICES DEPARTMENT, BEHAVIORAL HEALTH SERVICES DIVISION

Karen Cheman, MPH, Prevention Staff Manager, Office of Substance Abuse Prevention \*



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*For a discussion of statistical significance, see Appendix B: About this Report*



**New Mexico Youth Risk and Resiliency Survey**  
 Participation in Sandoval County  
 High School (Grades 9-12)

The response rate for Sandoval County was 80%.

A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 70% is excellent and allows a high degree of confidence in results. Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data may represent only students who participated in the survey and not necessarily the entire student body.

Profile of students surveyed

	<u>Number of students who responded</u>	<u>Percent (%)</u>
<u>Total</u>	1385	(100%)
<u>Gender</u>		
Girls	662	(47.9%)
Boys	720	(52.1%)
<u>Race/Ethnicity</u>		
<i>(Totals may be more than 100% because respondents were allowed to choose multiple race/ethnicities)</i>		
American Indian or Alaska Native	517	(37.3)
Asian	38	(2.7)
Black or African-American	77	(5.6)
Hispanic	632	(45.6)
Native Hawaiian or Pacific Islander	36	(2.6)
White	626	(45.2)
<u>Grade Level</u>		
9th	339	(25.6%)
10th	345	(26.1%)
11th	355	(26.8%)
12th	336	(25.4%)
Other:	5	(0.4%)

New Mexico Youth Risk and Resiliency Survey  
**Risk Behaviors at a Glance**  
Sandoval County  
Grades 9-12

<b>Indicator</b>	<b>Sandoval County</b>		<b>New Mexico</b>	
	<b>%</b>	<b>(95% CI)</b>	<b>%</b>	<b>(95% CI)</b>
<b>Unintentional Injury</b>				
Texted or emailed while driving	37.2	(32.0-42.8)	40.2	(36.4-44.1)
Rarely or never wore a bicycle helmet (of those who rode a bicycle)	83.5	(77.5-88.2)	83.2	(76.4-88.3)
Rarely or never wore a seatbelt	6.5	(4.7-8.8)	7.6	(6.6-8.7)
<b>Violence</b>				
In a physical fight	26.7	(22.2-31.8)	27.2	(24.6-30.0)
In a physical fight on school property	8.8	(6.1-12.6)	9.7	(8.4-11.0)
Carried a weapon on school property	3.8	(2.5-5.9)	5.4	(4.6-6.4)
Skipped school due to safety concerns	6.2	(4.7-8.3)	6.3	(5.5-7.2)
Bullied at school	17.9	(14.8-21.4)	18.2	(16.3-20.3)
Electronically bullied	13.6	(11.4-16.1)	13.1	(11.7-14.6)
Physical dating violence	12.3	(9.1-16.2)	9.4	(8.3-10.7)
Sexual dating violence	12.7	(9.8-16.2)	10.0	(8.6-11.5)
<b>Mental Health</b>				
Non-suicidal self-harm	22.1	(18.9-25.7)	20.2	(19.2-21.2)
Felt sadness or hopelessness	31.6	(27.5-36.1)	30.5	(28.4-32.7)
Seriously considered suicide	17.5	(14.3-21.4)	15.6	(14.4-16.9)
Planned suicide	13.7	(11.3-16.4)	13.7	(12.7-14.7)
Attempted suicide	9.7	(7.1-13.0)	9.4	(7.7-11.3)
<b>Tobacco Use</b>				
Current cigarette smoking	17.6	(12.7-23.8)	14.4	(12.2-17.0)
Current hookah use	20.1	(16.4-24.3)	21.9	(19.0-25.1)
Current spit tobacco use	7.1	(5.6-8.9)	8.0	(6.2-10.3)
Current cigar use	13.2	(9.1-18.8)	12.3	(10.5-14.5)
<b>Alcohol Use</b>				
Current drinking	26.8	(21.6-32.7)	28.9	(26.3-31.6)
Binge drinking	16.5	(13.1-20.7)	17.1	(15.4-19.0)
Extreme binge drinking	4.3	(2.6-7.0)	4.0	(3.6-4.5)
First drink before age 13	20.5	(17.8-23.4)	22.3	(20.4-24.2)
Drinking and driving	9.4	(7.0-12.5)	8.9	(7.7-10.2)



New Mexico Youth Risk and Resiliency Survey  
**Risk Behaviors at a Glance**  
Sandoval County  
Grades 9-12

<u>Indicator</u>	<u>Sandoval County</u>		<u>New Mexico</u>	
	%	(95% CI)	%	(95% CI)
<b>Current Drug Use</b>				
Marijuana	26.2	(20.2-33.2)	27.8	(24.3-31.5)
Synthetic marijuana	7.2	(5.1-10.0)	8.6	(6.7-11.1)
Painkillers to get high	9.7	(7.0-13.2)	8.5	(7.1-10.1)
Inhalants	4.6	(3.3-6.4)	5.5	(4.5-6.7)
Cocaine	6.0	(4.1-8.6)	5.3	(4.2-6.6)
Ecstasy	4.7	(3.2-6.9)	4.7	(3.9-5.8)
Methamphetamine	3.4	(2.3-5.0)	3.7	(2.8-4.9)
Heroin	3.1	(1.9-4.8)	2.9	(2.1-4.1)
<b>Physical Activity, Body Weight, and Nutrition</b>				
Overweight	15.2	(13.2-17.5)	15.0	(13.3-16.9)
Obese	13.9	(10.3-18.6)	12.6	(10.4-15.2)
Overweight or obese	29.1	(25.0-33.6)	27.6	(23.8-31.8)
Daily physical activity	28.7	(24.7-33.0)	31.1	(28.8-33.6)
Daily PE in school	39.5	(28.4-51.9)	25.1	(18.7-32.8)
TV viewing three or more hours daily	28.1	(25.7-30.6)	26.4	(24.0-29.0)
Computer/video use three or more hours daily	35.8	(30.7-41.3)	35.3	(33.3-37.3)
Ate breakfast daily	36.3	(29.8-43.3)	33.4	(30.5-36.3)
Five servings of fruit or vegetables daily	24.7	(22.2-27.3)	22.5	(20.3-24.8)
Daily soda consumption	18.7	(14.6-23.5)	21.2	(19.1-23.4)
<b>Sexual Behavior</b>				
Sexually Active	21.2	(15.9-27.6)	26.8	(23.9-30.0)
Had sexual intercourse with four or more people	11.2	(7.6-16.1)	11.9	(10.1-14.1)
Had sexual intercourse before age 13	5.1	(3.2-8.1)	5.4	(4.8-6.0)
Used a condom*	51.3	(42.8-59.7)	57.2	(54.0-60.3)
Used reliable birth control method*	31.4	(25.0-38.7)	27.5	(22.1-33.6)
Used both a condom and reliable birth control*	13.0	(10.1-16.6)	10.0	(7.8-12.8)

\* Among sexually active students (those who had sexual intercourse within the past three months)



New Mexico Youth Risk and Resiliency Survey (YRRS)  
Highlights  
Sandoval County  
Grades 9-12, 2013

Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS)  
 Sandoval County  
 High School (Grades-9-12), 2013

Results from the 2013 High School NM YRRS revealed several encouraging trends in New Mexico. These include declining rates of:

- Alcohol use
- Cigarette use
- Behaviors associated with violence

At the same time, the rates of cocaine and methamphetamine use have stabilized after declining from 2003 to 2007, the prevalence of obesity has been increasing, and the relatively new phenomenon of using a hookah (large water pipe) to smoke tobacco threatens the overall trend of declining tobacco use among youth.

This report puts the findings for New Mexico alongside YRRS results for Sandoval County.

Please use these results to help make New Mexico and your own community a safer and healthier place for all of our young people. For more YRRS results, see [www.youthrisk.org](http://www.youthrisk.org).

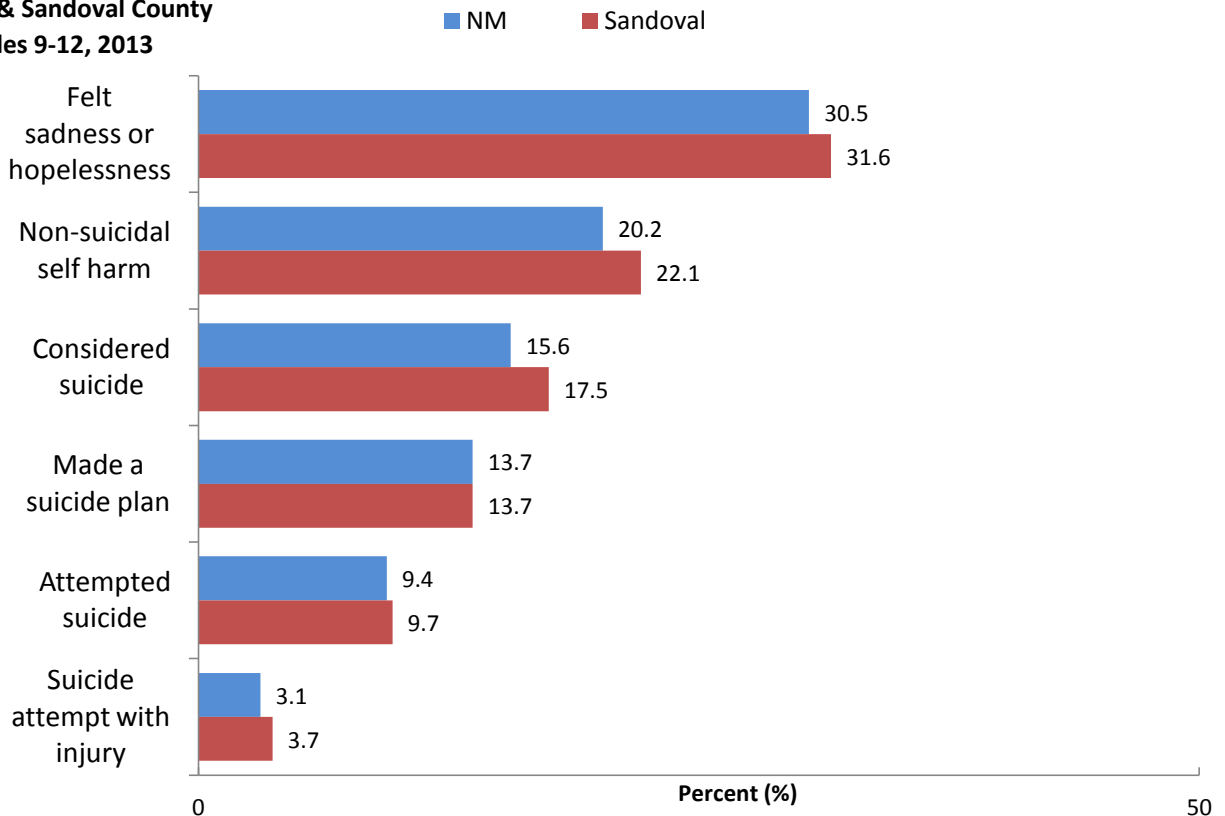
**Mental Health**

Suicide is the second leading cause of death among adolescents in New Mexico. Past-year suicide attempts have decreased among NM high school students from 14.3% in 2003 to 9.4% in 2013. A new question about non-suicidal self harm ("During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?") was added to the 2013 survey questionnaire.

**Past Year Mental Health Indicators**

**NM & Sandoval County**

**Grades 9-12, 2013**

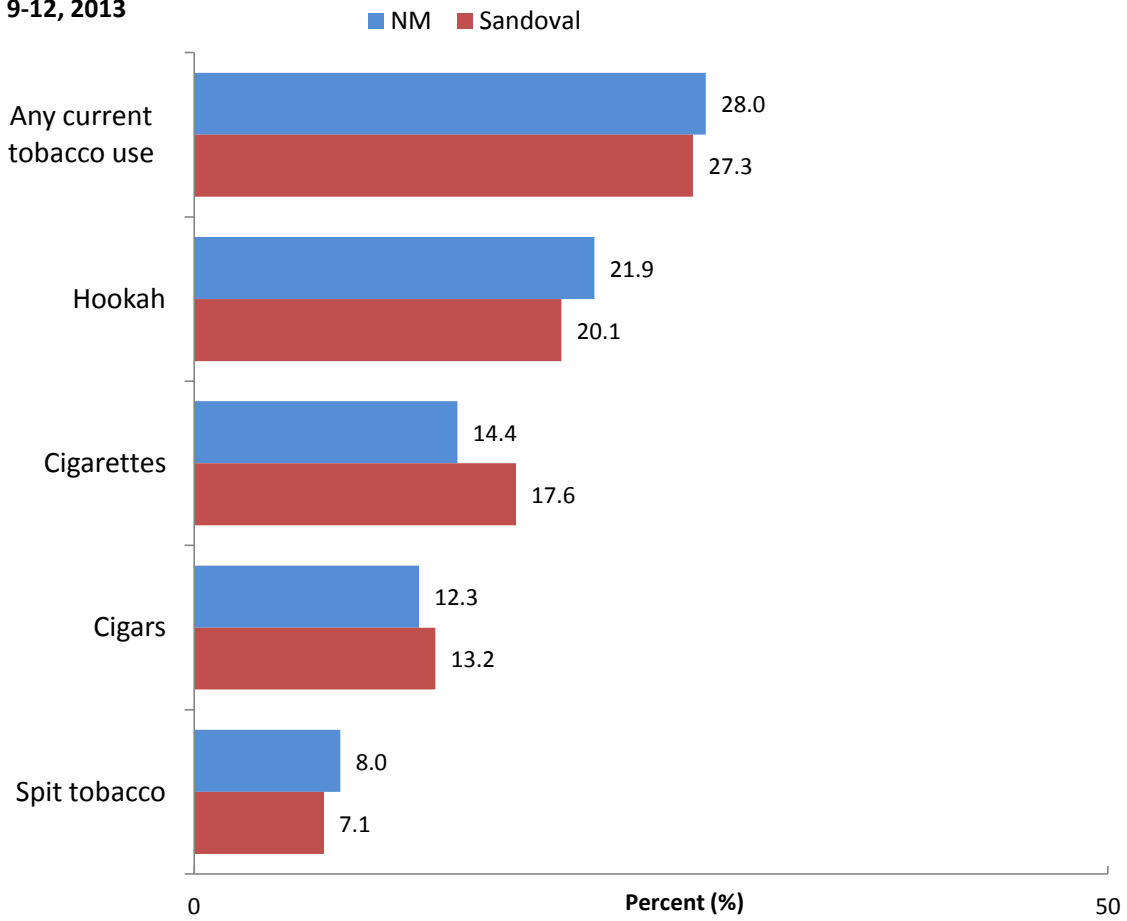


*No statistically significant difference*

**Tobacco Use**

Cigarette smoking among NM high school students has been on the decline since 2003. In 2011, a new question was added to the YRRS about using a hookah, or large water pipe, to smoke tobacco. By 2013, the prevalence of smoking a hookah was substantially higher than that of current cigarette smoking.

**Current Tobacco Use  
NM & Sandoval County  
Grades 9-12, 2013**

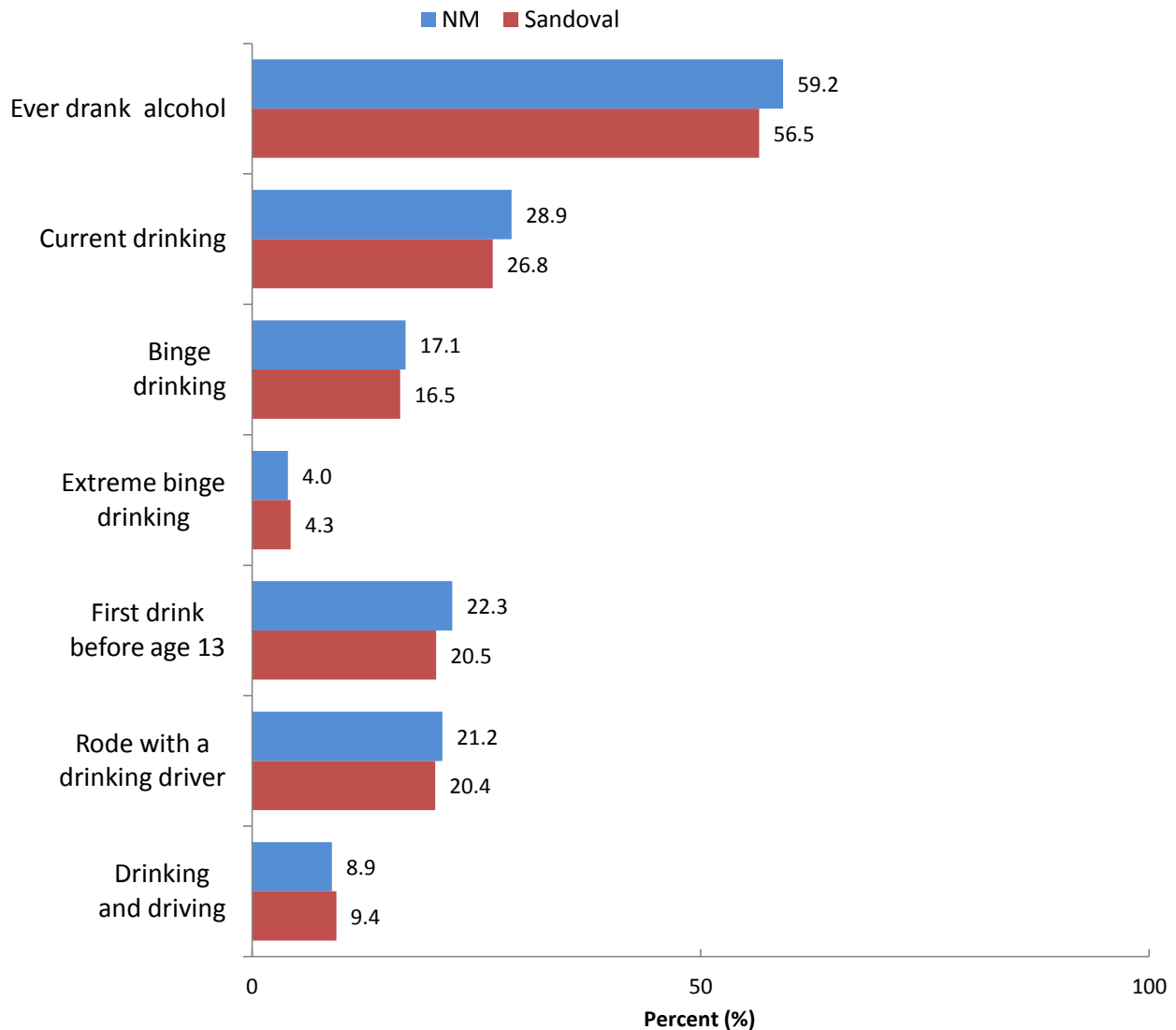


*No statistically significant difference*

**Alcohol Use**

Alcohol use by young people is associated with injuries such as motor vehicle crashes, the leading cause of death among adolescents. Alcohol use at an early age is also associated with an increased risk of chronic liver disease and alcohol dependence later in life. In recent years, rates of current drinking, binge drinking, and drinking and driving have been decreasing among young people nationally and in New Mexico. While this is a hopeful sign for the future of New Mexico youth, in 2013 New Mexico high school students had the fourth highest rate of any state participating in the CDC's Youth Risk Behavior Survey (YRBS) for drinking alcohol before the age of 13.

**Alcohol Use  
 NM & Sandoval County  
 Grades 9-12, 2013**

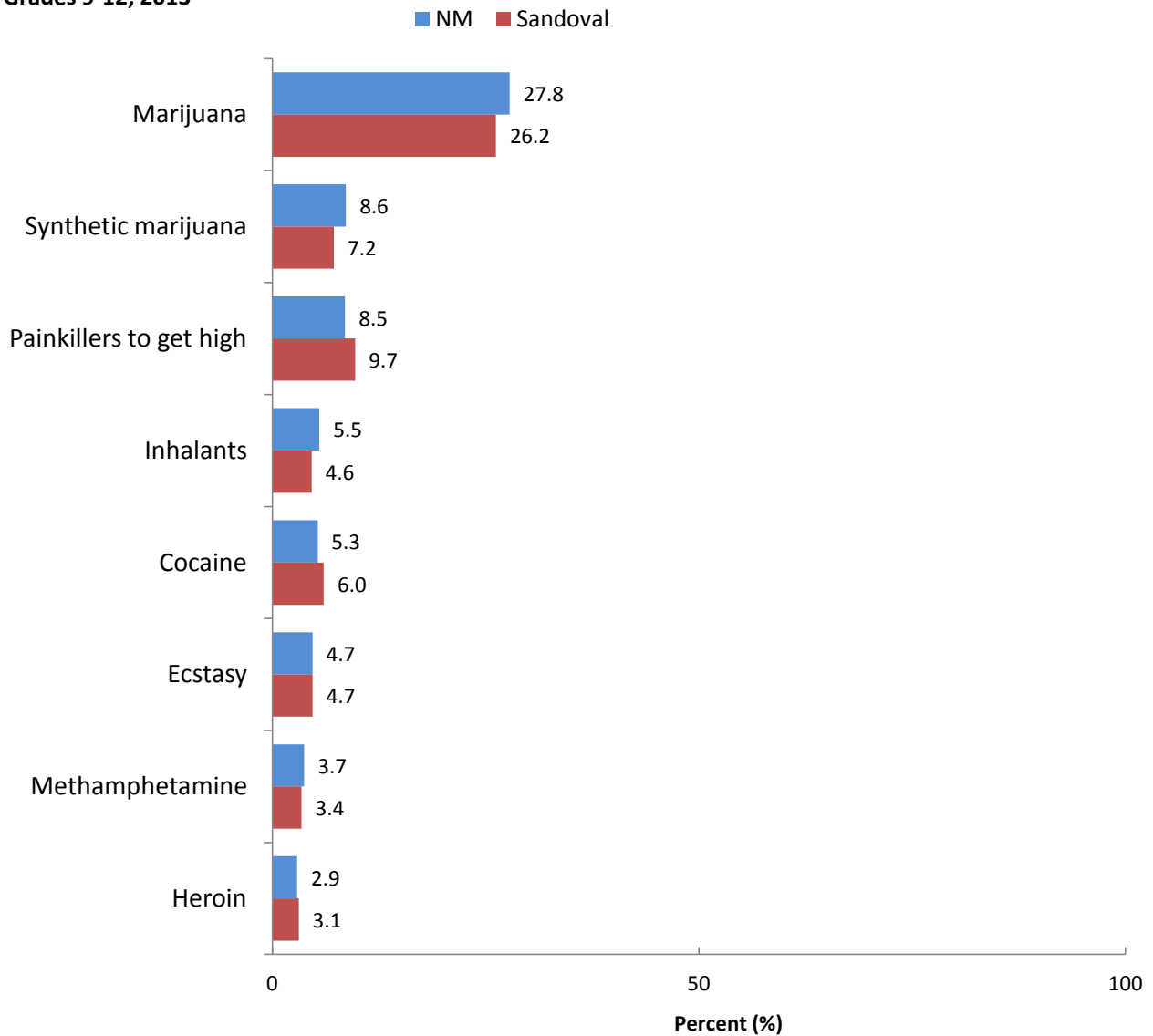


*No statistically significant difference*

**Drug Use**

Current cocaine and methamphetamine use declined among NM high school students from 2003 - 2007, and have since stabilized. There have been no other trends for current drug use in recent years. In 2013, a new questionnaire item about synthetic marijuana was included in the YRRS. Synthetic marijuana had the second highest prevalence of drug use in the past 30 days.

**Current Drug Use  
 NM & Sandoval County  
 Grades 9-12, 2013**

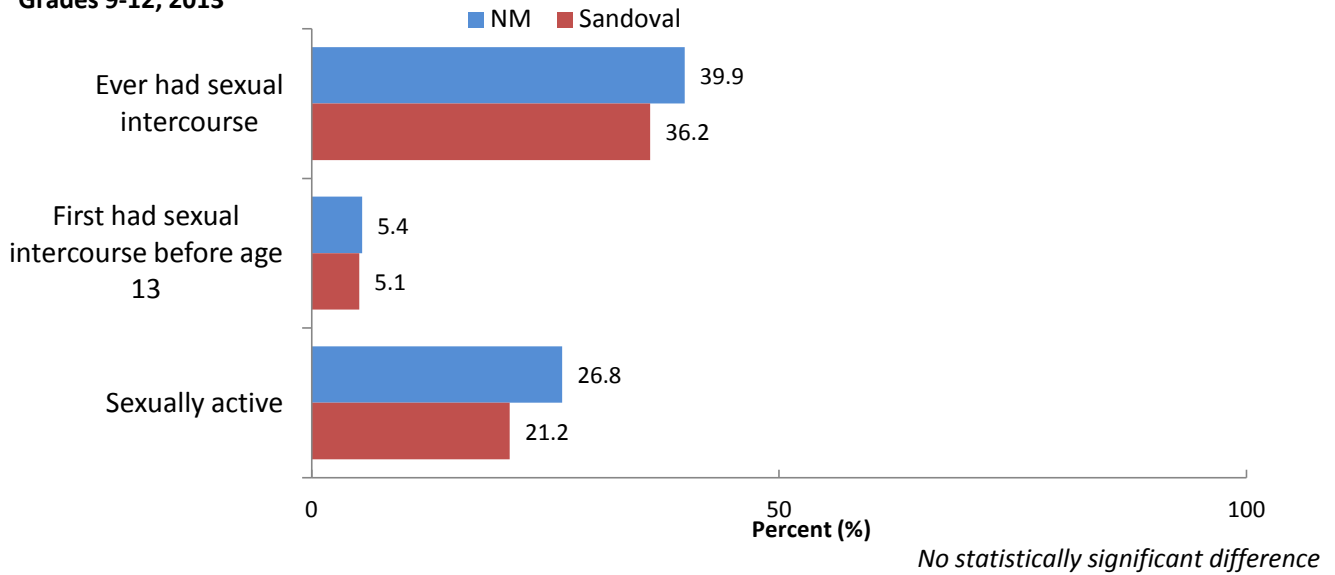


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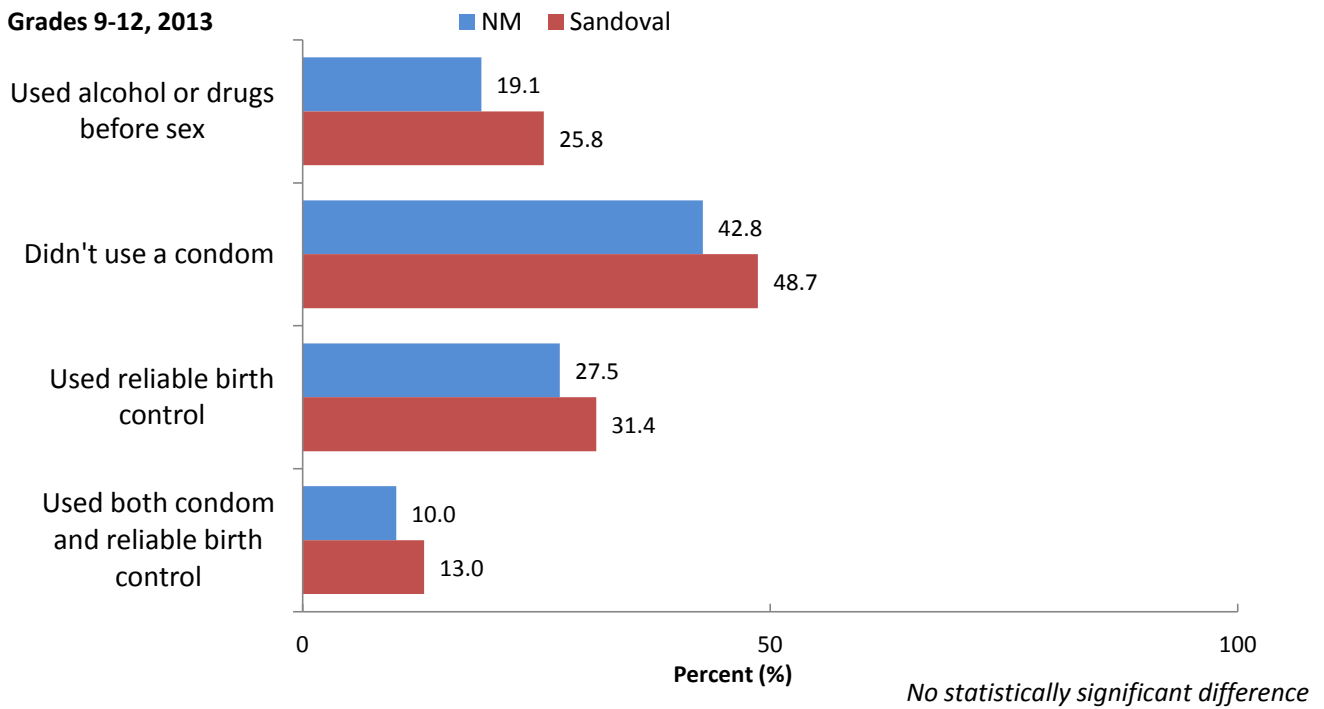
**Sexual Behavior**

Early and unsafe sexual activity puts teens at risk of unplanned pregnancy and sexually transmitted infections. Measures of sexual activity among NM high school students are similar to those of other states that participated in the YRBS. Very few sexually active\*\* teens used both condoms and reliable birth control.

**Sexual Behavior  
 NM & Sandoval County  
 Grades 9-12, 2013**



**Sexual Behaviors among Sexually Active Students  
 NM & Sandoval County  
 Grades 9-12, 2013**



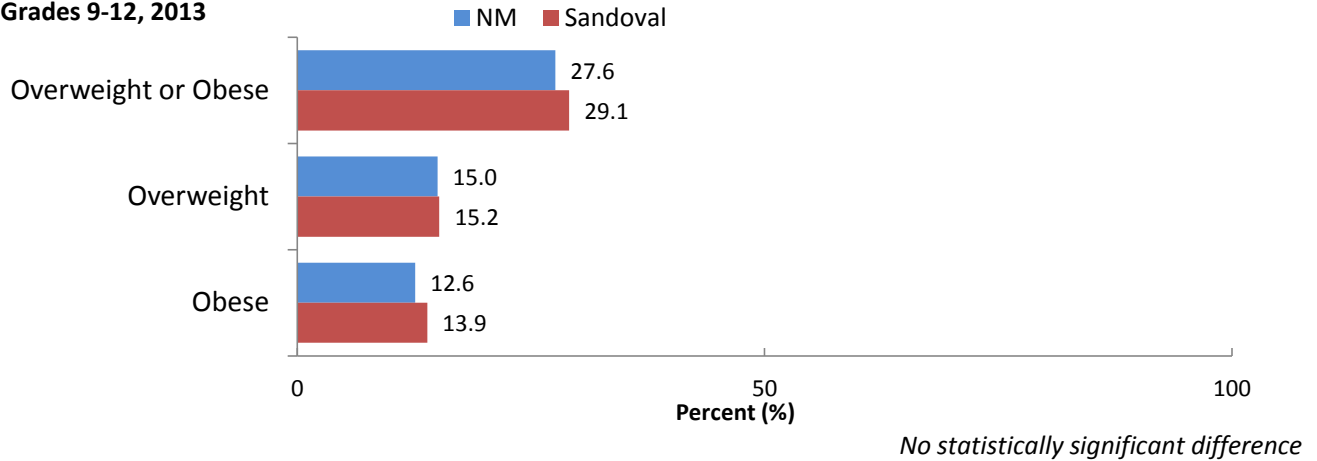
\*\*Sexually active: Had sexual intercourse at least once in the past three months.



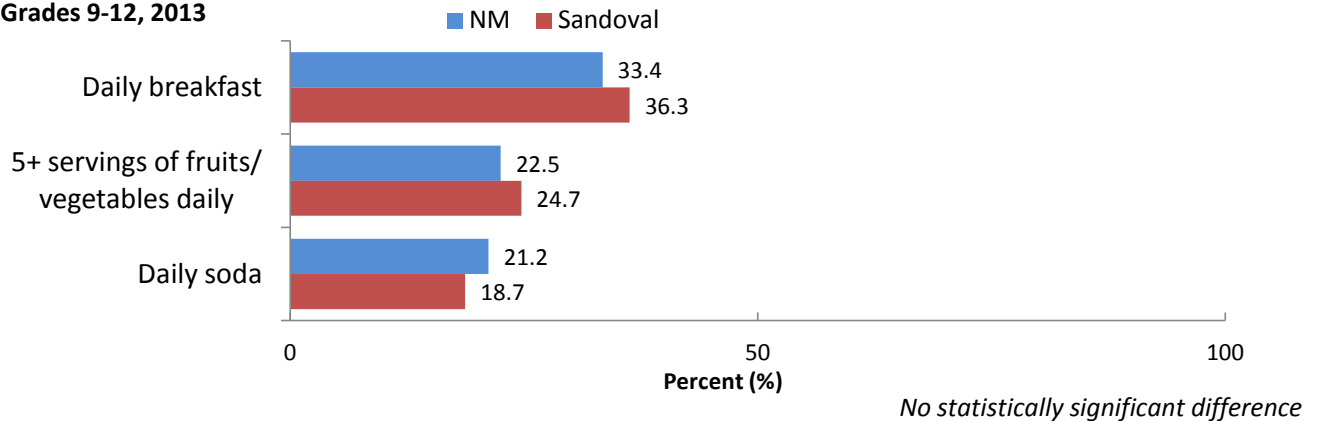
**Body Weight, Nutrition, and Physical Activity**

Poor nutritional behaviors and a lack of physical activity put young people at risk of becoming overweight or obese. Obese and overweight teens are at risk for many chronic diseases that can cause death or disability. The trend in the obesity among New Mexico teens has leveled off recently, after several years of increasing rates.

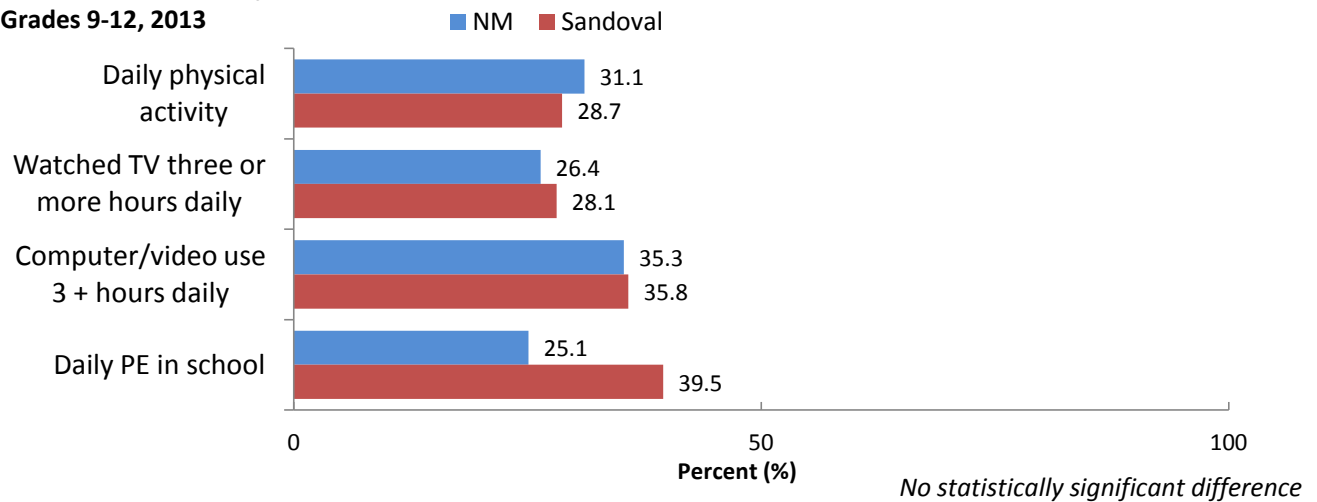
**Obesity, Overweight, Physical Activity, and Soda Consumption  
 NM & Sandoval County  
 Grades 9-12, 2013**



**Nutrition  
 NM & Sandoval County  
 Grades 9-12, 2013**



**Physical Activity  
 NM & Sandoval County  
 Grades 9-12, 2013**



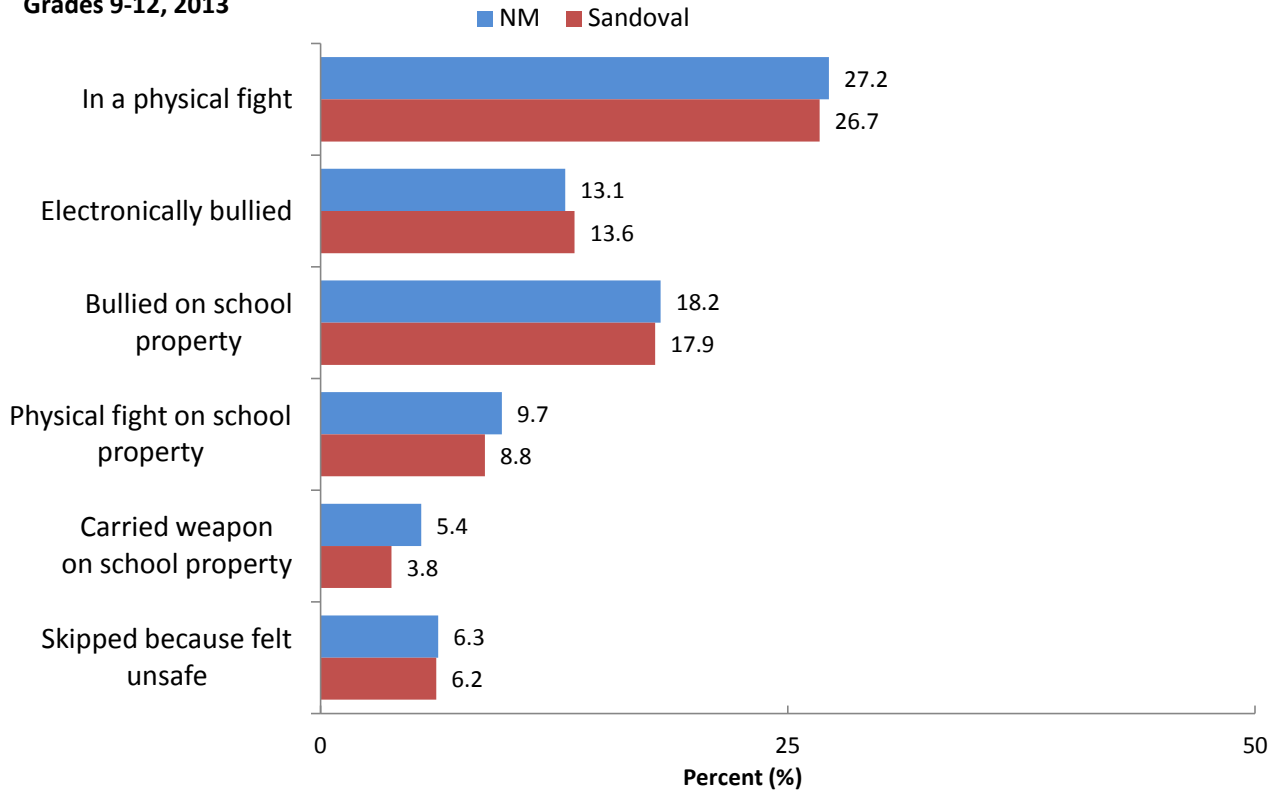
**Injury: Behaviors Associated with Violence**

The rates for fighting, fighting on school property, and teen dating violence have declined since 2003. In 2013, a new question was added to the YRRS that broadens the characterization of teen dating violence from any kind of physical violence to include any coercion of a sexual nature (i.e., kissing, touching, or being physically forced to have sexual intercourse).

**Behaviors Associated with Violence**

**NM & Sandoval County**

**Grades 9-12, 2013**

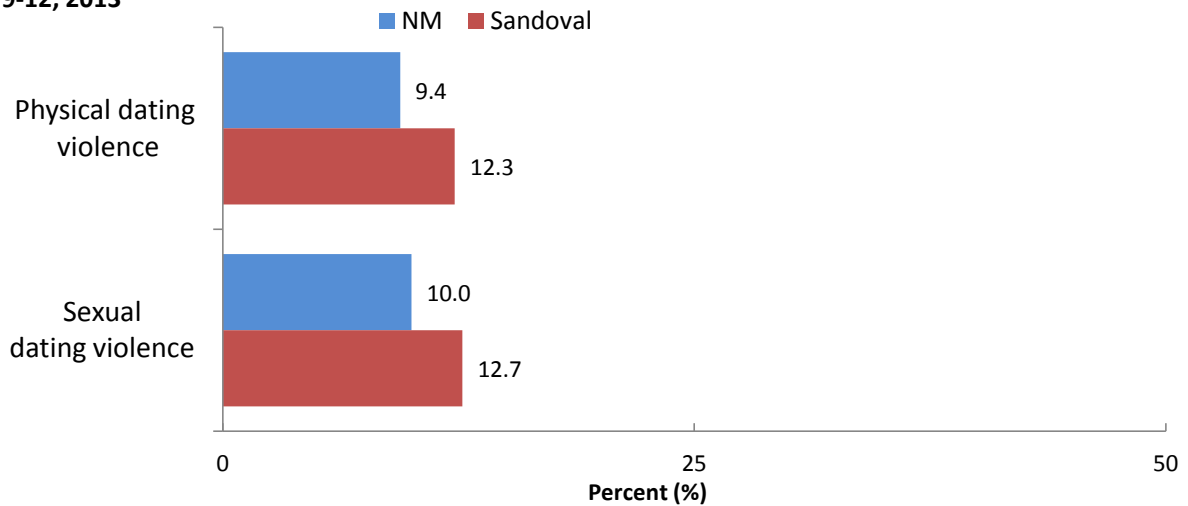


*No statistically significant difference*

**Teen Dating Violence**

**NM & Sandoval County**

**Grades 9-12, 2013**



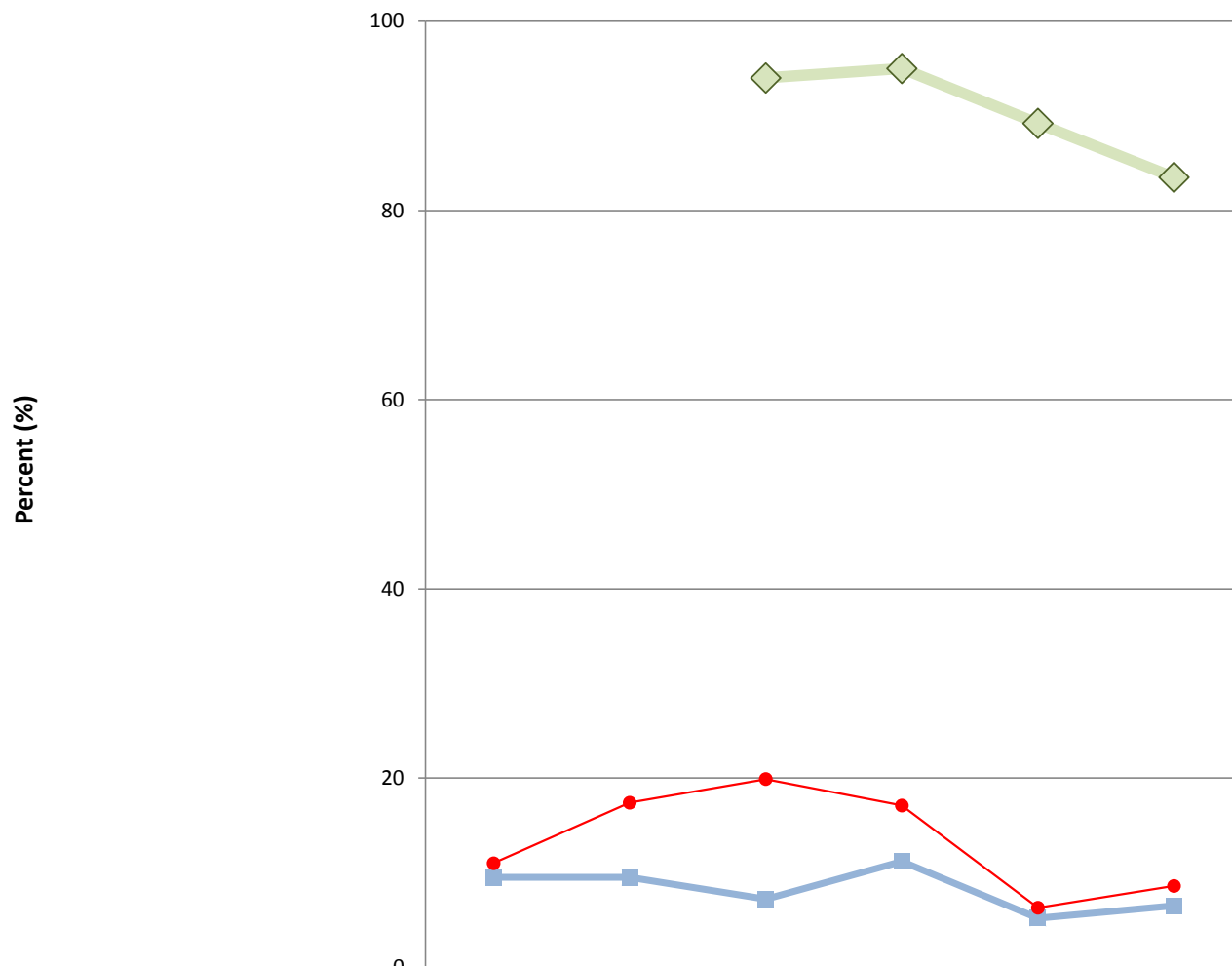
*No statistically significant difference*

## Sandoval County Charts

*For definitions of risk behaviors, see Appendix C.*

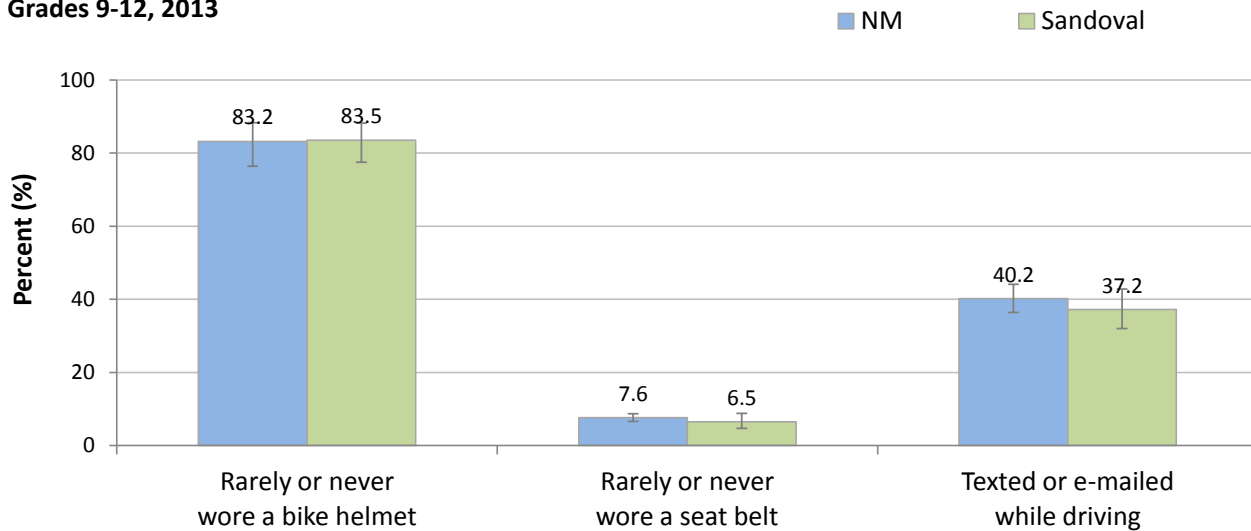
Unintentional Injury

Behaviors Associated with Unintentional Injury  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013

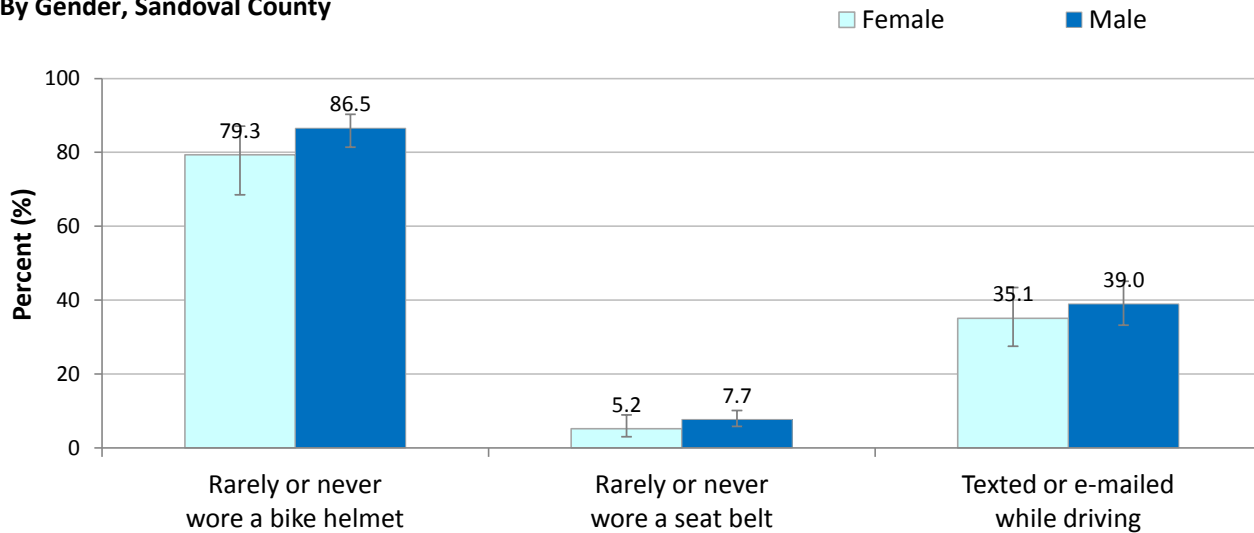


	2003	2005	2007	2009	2011	2013
◆ Rarely or never wore bicycle helmet			94.0	95.0	89.2	83.5
■ Rarely or never wore seatbelt	9.5	9.5	7.2	11.2	5.2	6.5
● Carried a gun in the past 30 days	11.0	17.4	19.9	17.1	6.3	8.6

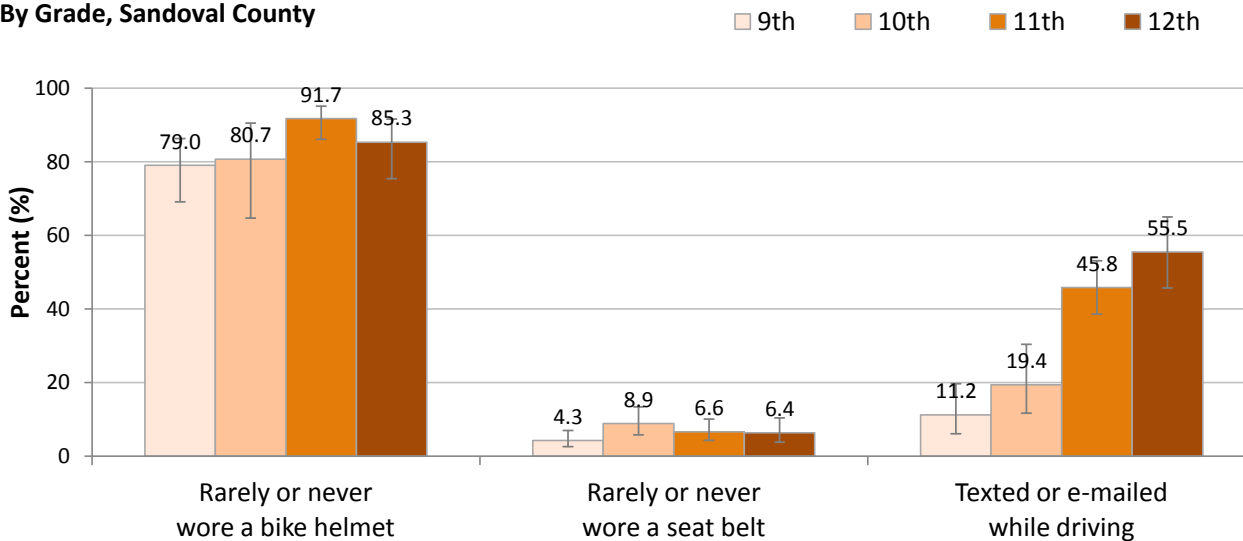
**Unintentional Injury**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



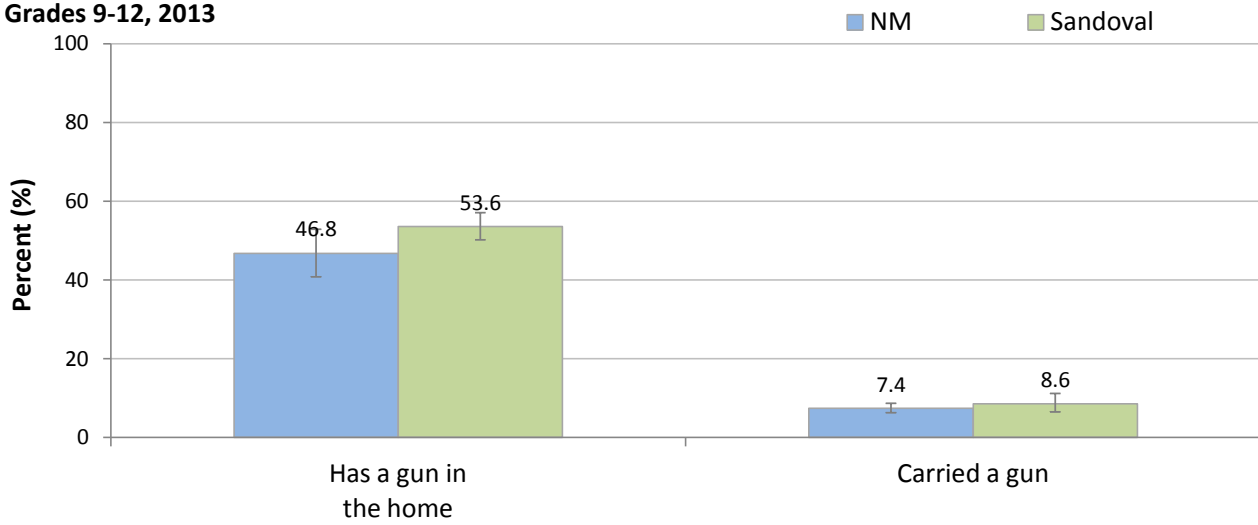
**By Gender, Sandoval County**



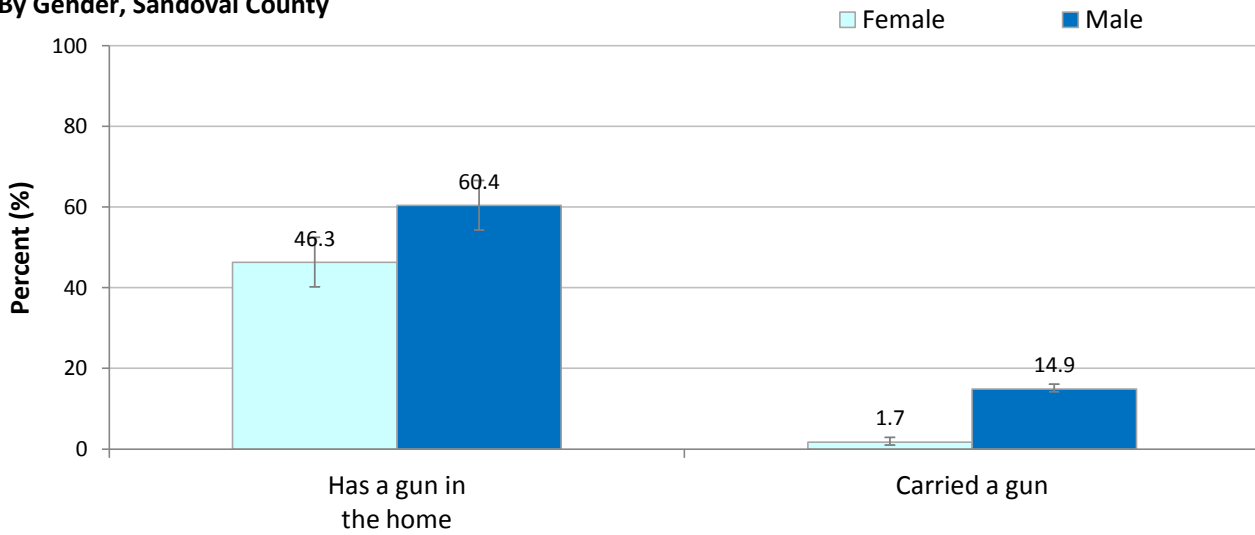
**By Grade, Sandoval County**



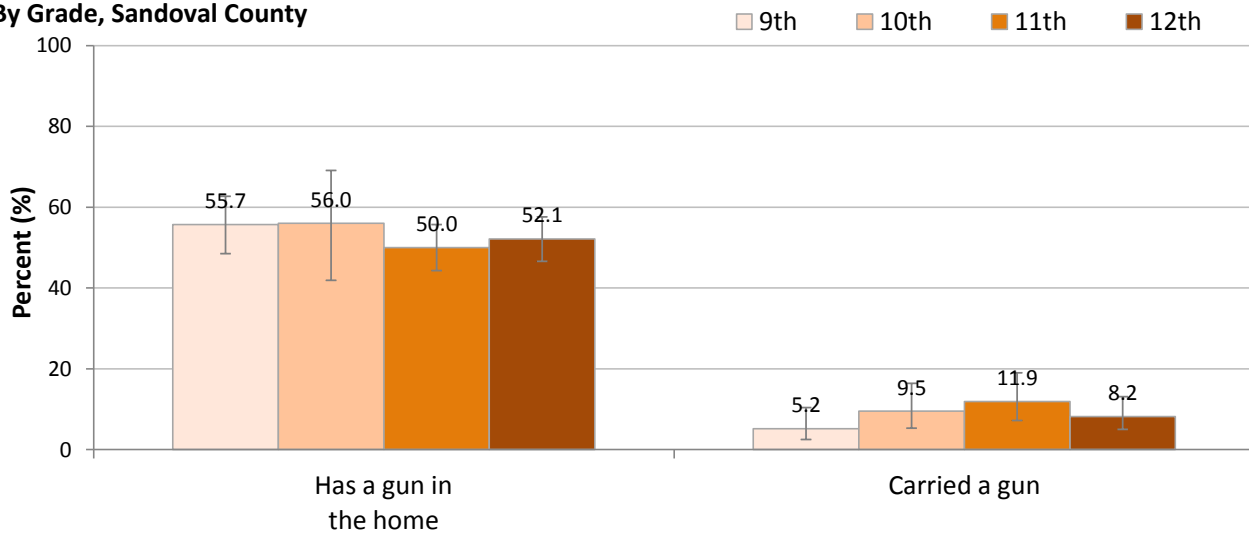
**Unintentional Injury  
 New Mexico and Sandoval County  
 Grades 9-12, 2013**



**By Gender, Sandoval County**

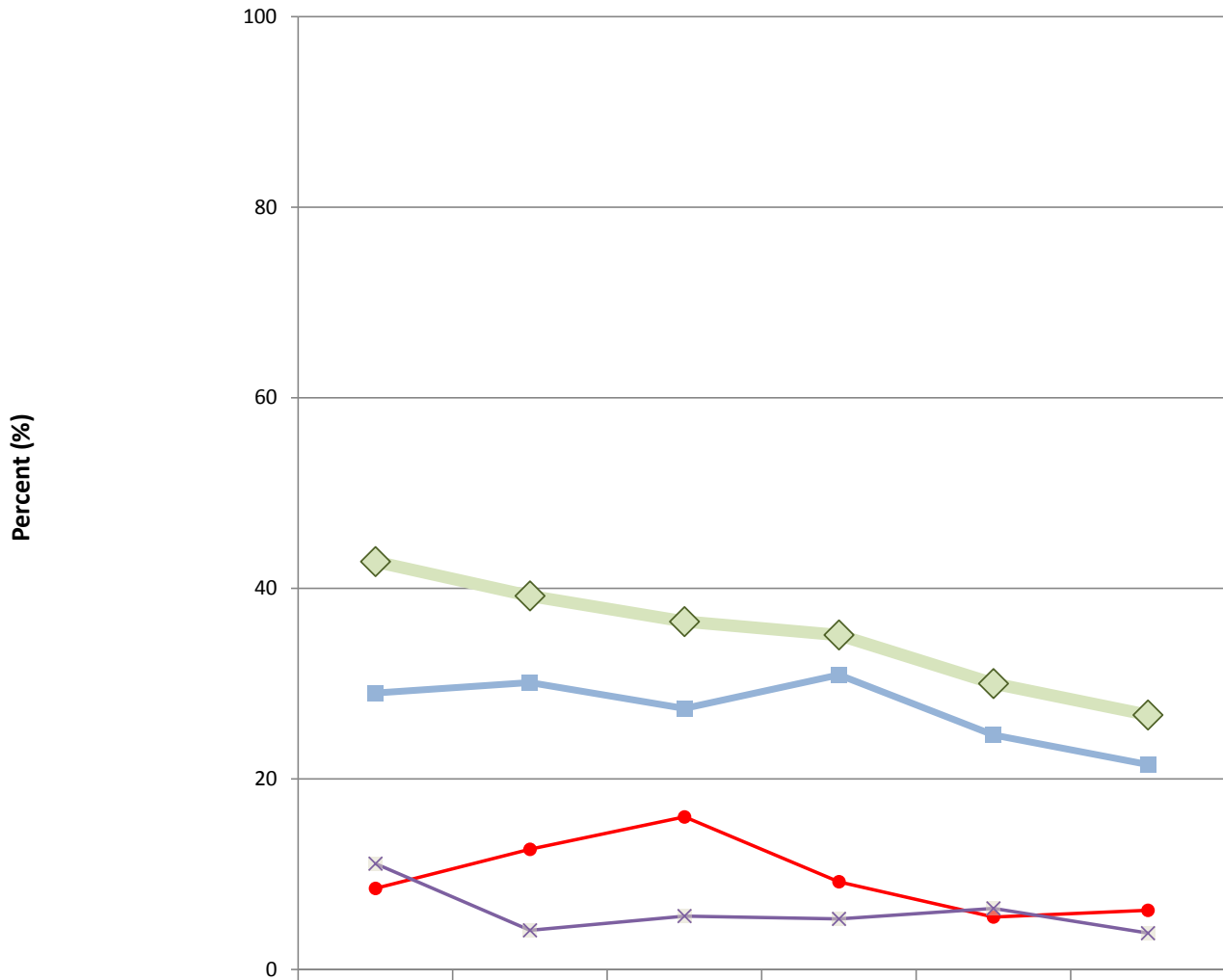


**By Grade, Sandoval County**



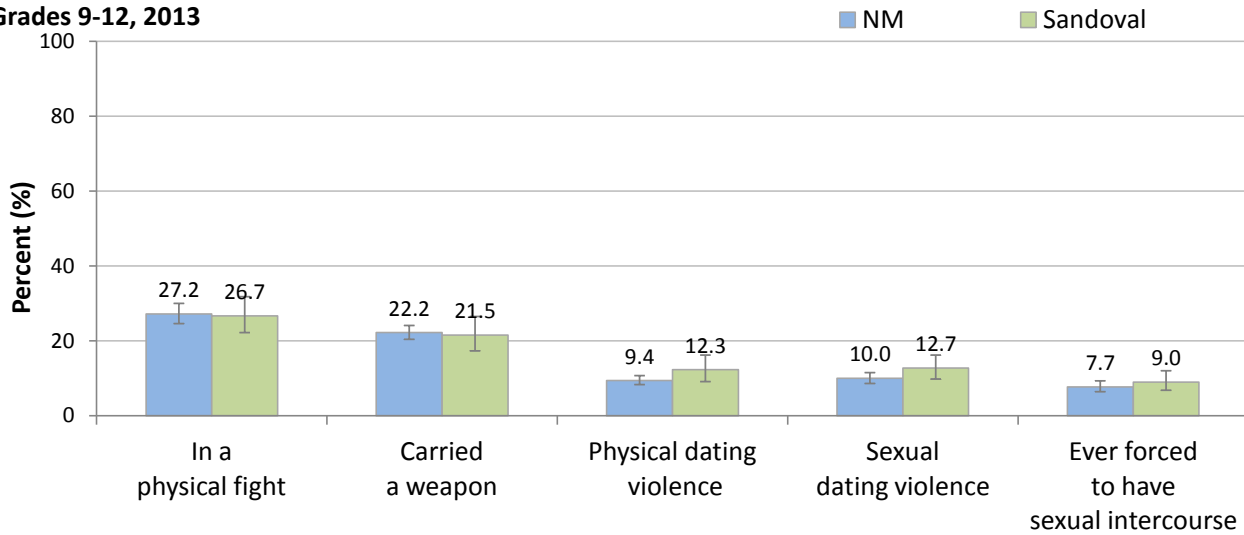
**Injury: Behaviors Associated with Violence**

**Behaviors Associated with Violence  
 by Year, Sandoval County  
 Grades 9-12, 2001-2013**

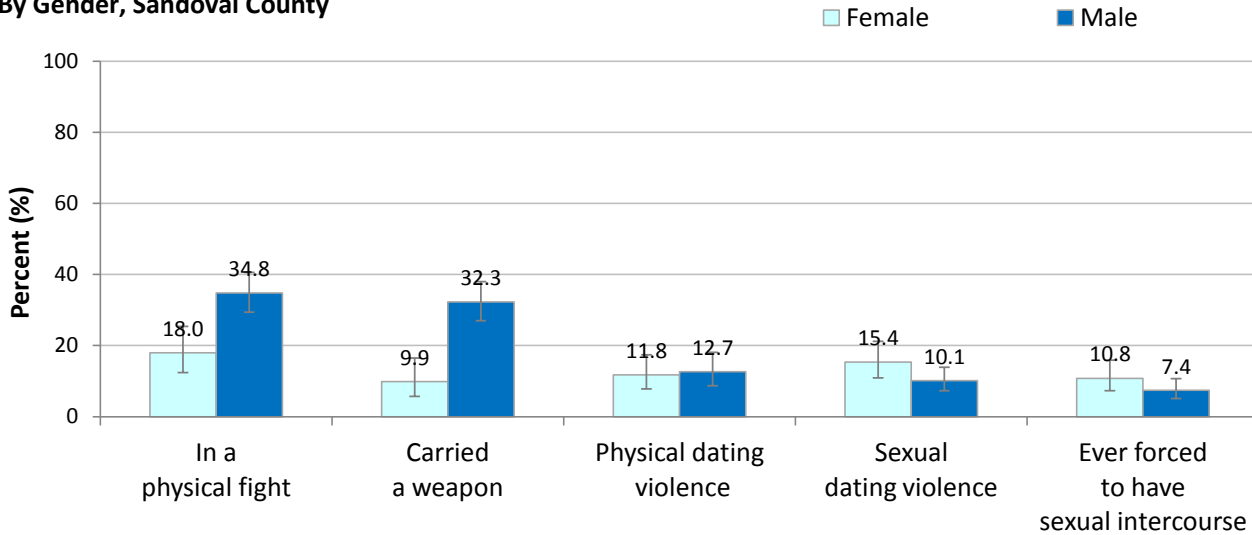


	2003	2005	2007	2009	2011	2013
◆ In physical fight	42.8	39.2	36.5	35.1	30.0	26.7
■ Carried a weapon	29.0	30.1	27.4	30.9	24.6	21.5
● Skipped school due to safety concerns	8.5	12.6	16.0	9.2	5.5	6.2
× Carried a weapon on school property	11.1	4.1	5.6	5.3	6.4	3.8

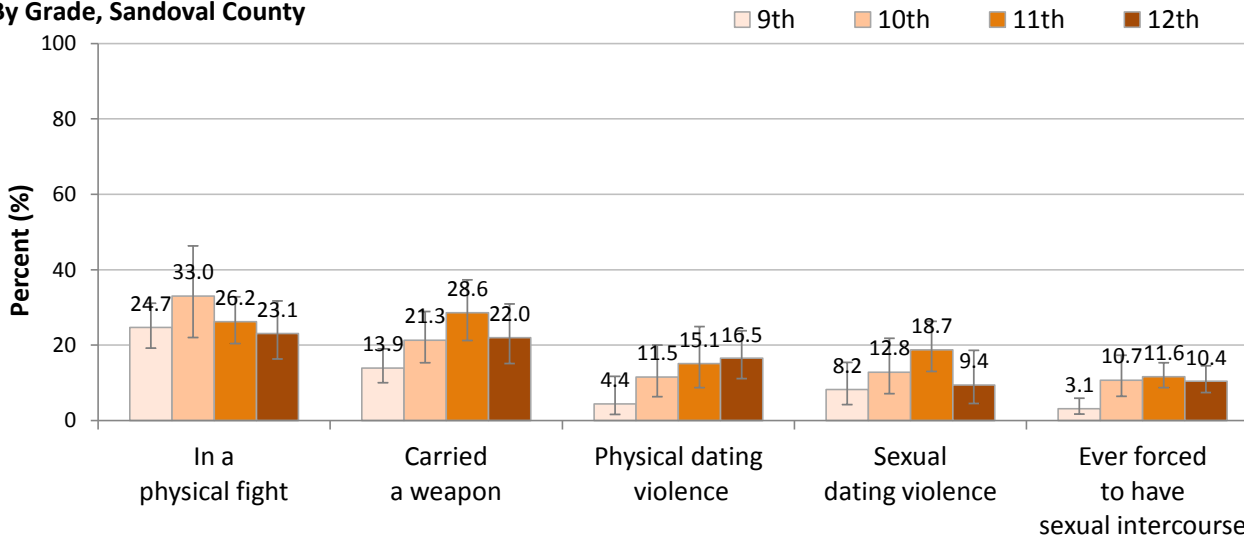
**Injury: Behaviors Associated with Violence**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

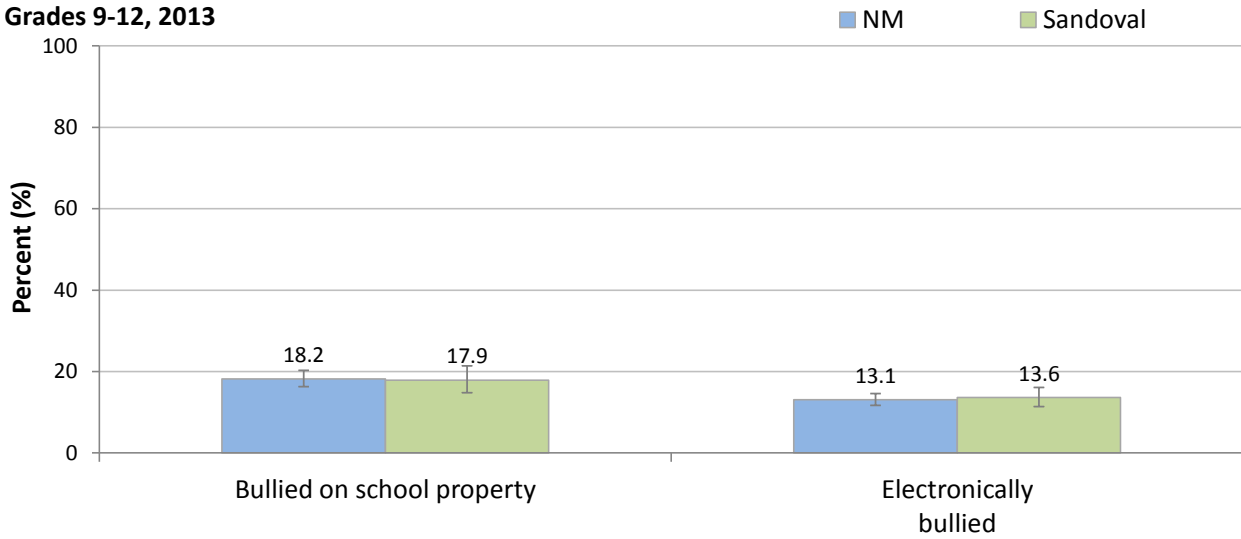


**By Grade, Sandoval County**

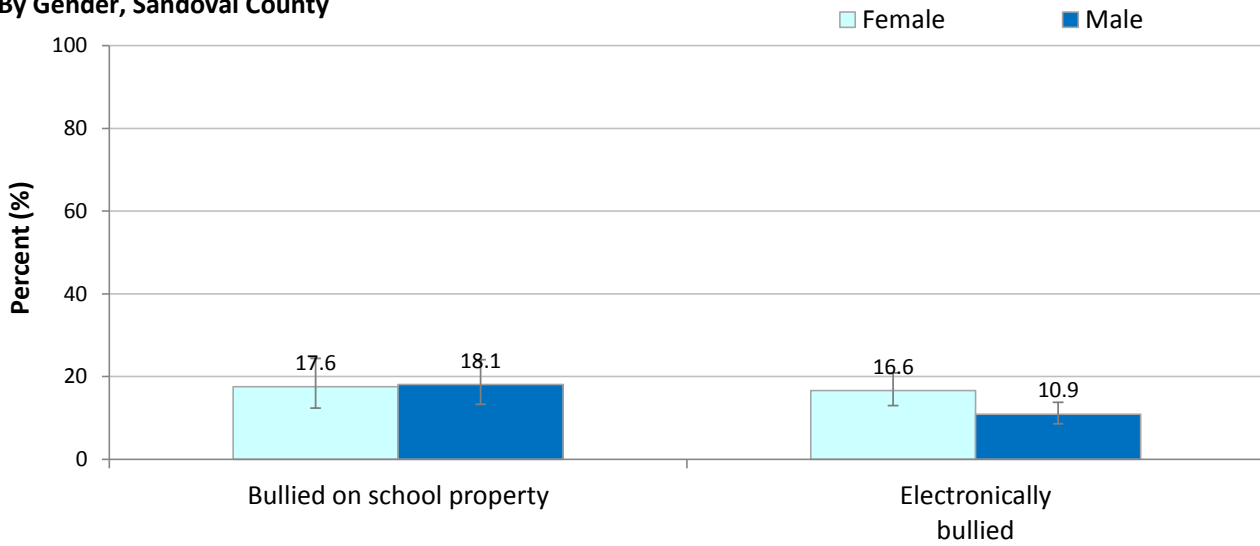




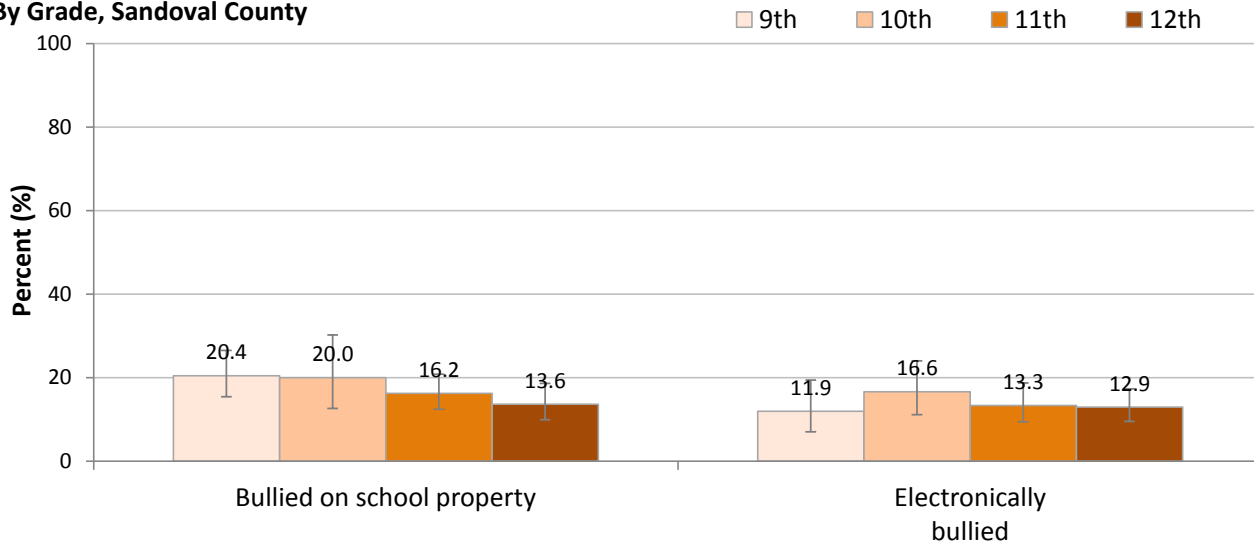
**Injury: Behaviors Associated with Violence**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



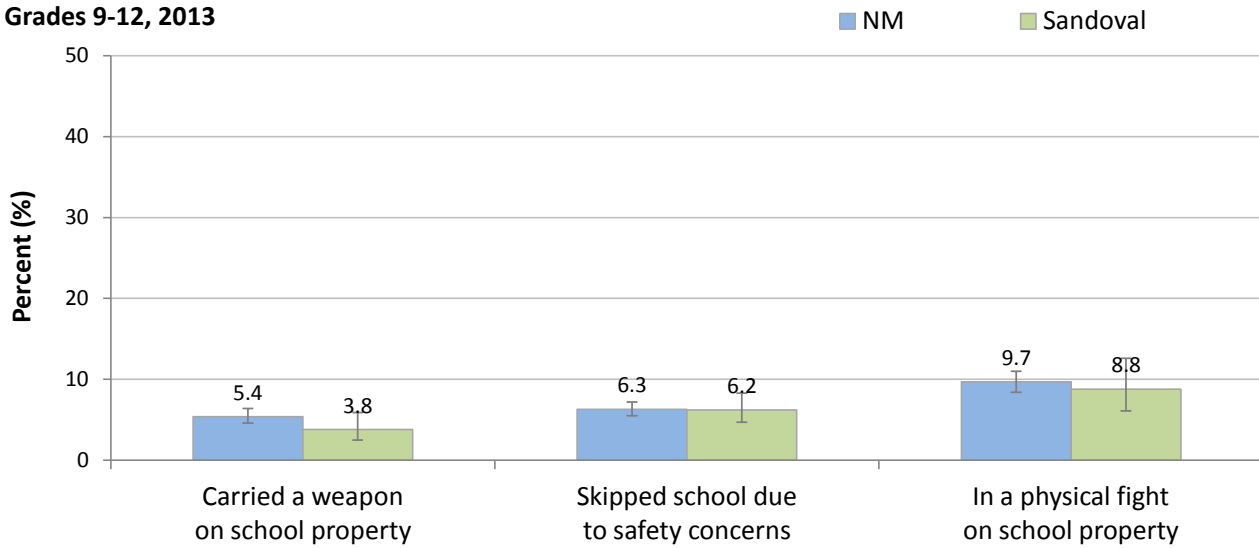
**By Gender, Sandoval County**



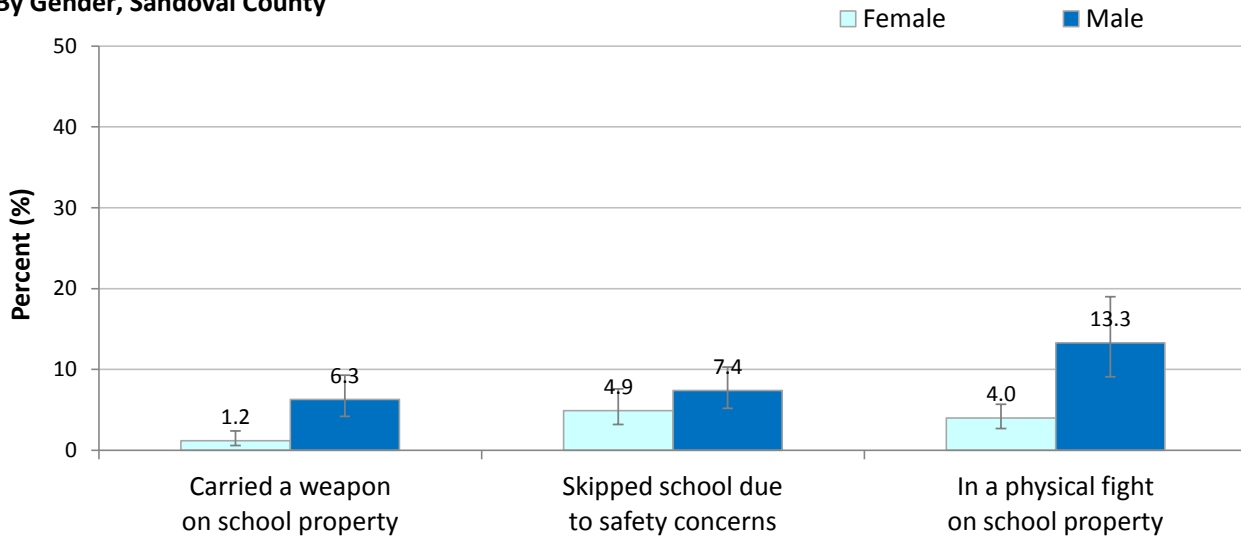
**By Grade, Sandoval County**



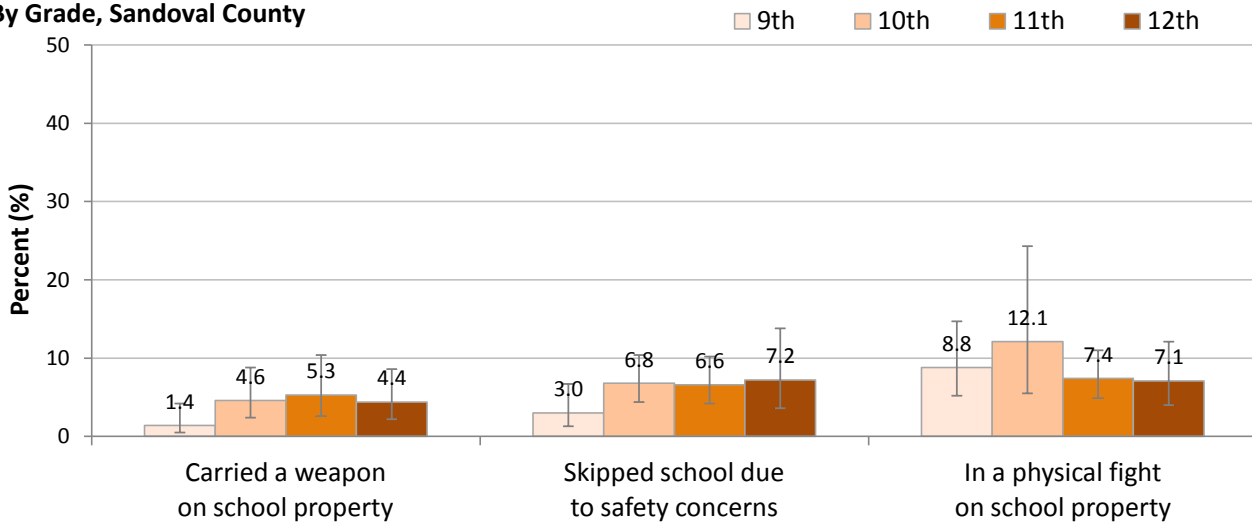
**Injury: Behaviors Associated with Violence and School Safety**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

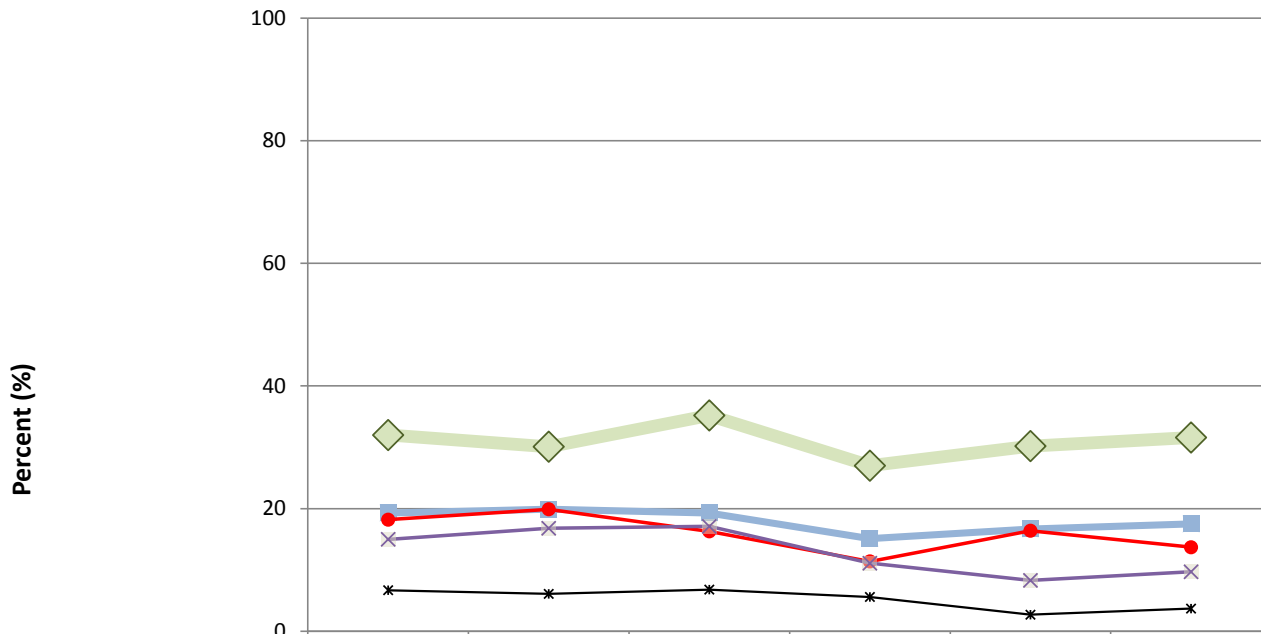


**By Grade, Sandoval County**



**Mental Health**

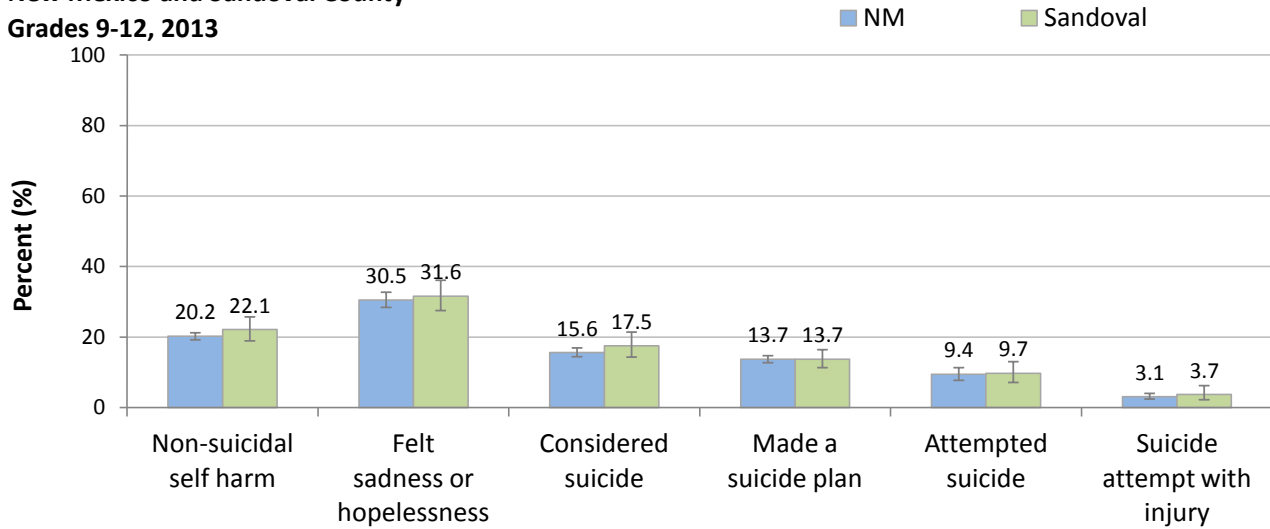
**Mental Health Indicators (past 12 months)  
 by Year, Sandoval County  
 Grades 9-12, 2001-2013**



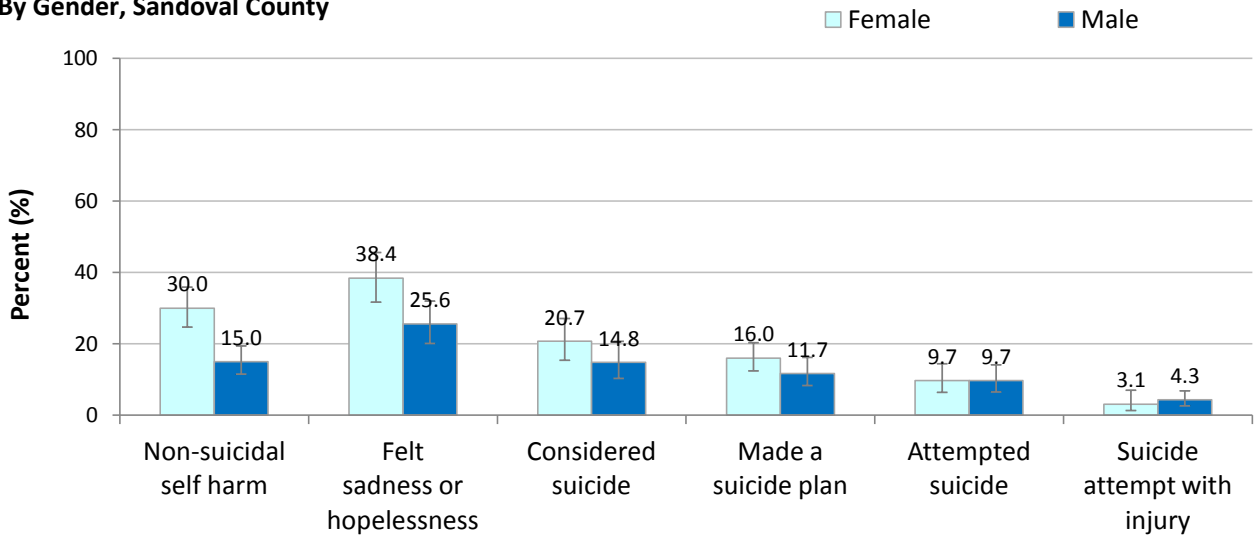
	2003	2005	2007	2009	2011	2013
◆ Persistent sadness or hopelessness	32.0	30.1	35.2	27.0	30.2	31.6
■ Seriously considered suicide	19.3	19.9	19.3	15.1	16.7	17.5
● Made a suicide plan	18.2	19.9	16.3	11.4	16.4	13.7
✕ Attempted suicide	15.0	16.8	17.1	11.1	8.3	9.7
* Injured in suicide attempt	6.7	6.1	6.8	5.6	2.7	3.7

**Mental Health**

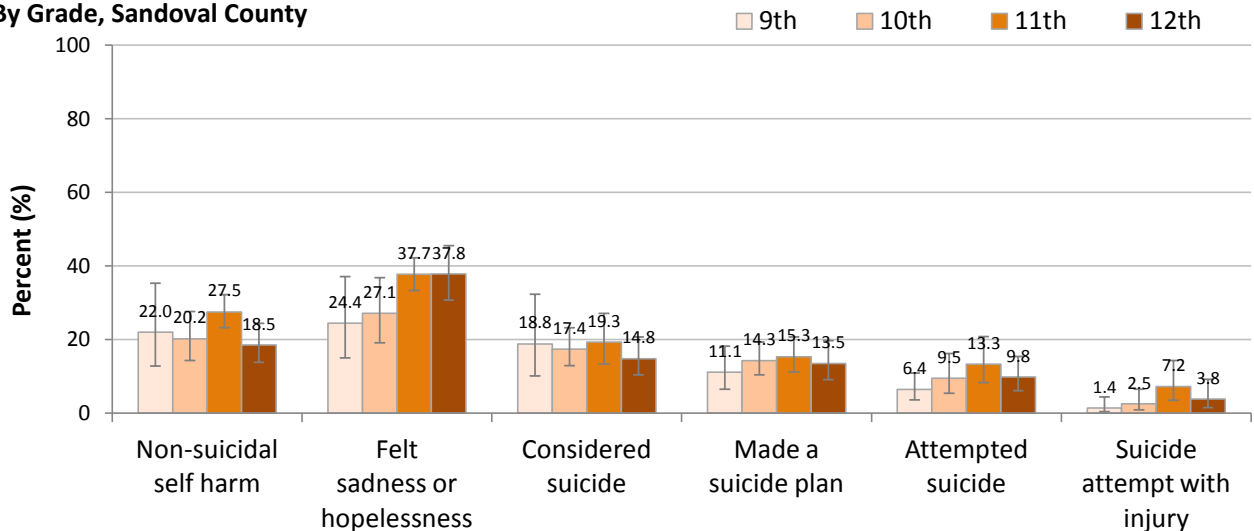
**Mental Health Indicators (past 12 months)  
New Mexico and Sandoval County  
Grades 9-12, 2013**



**By Gender, Sandoval County**

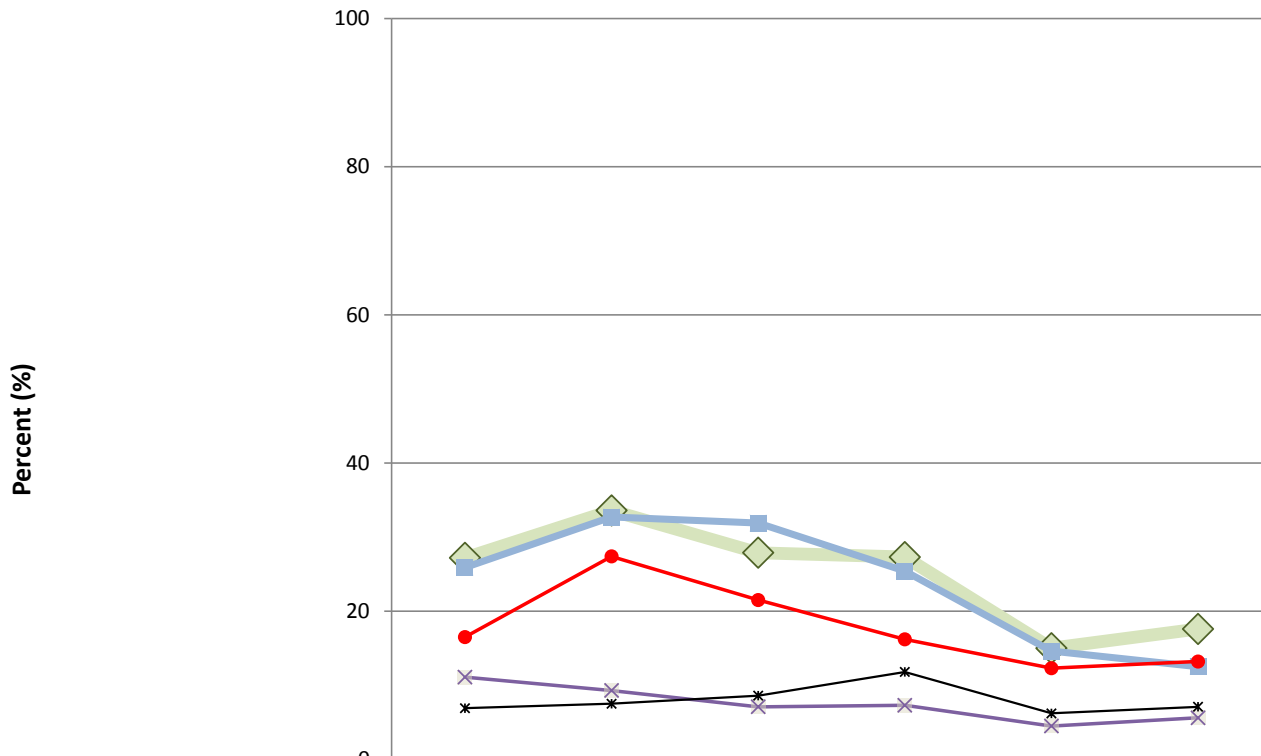


**By Grade, Sandoval County**



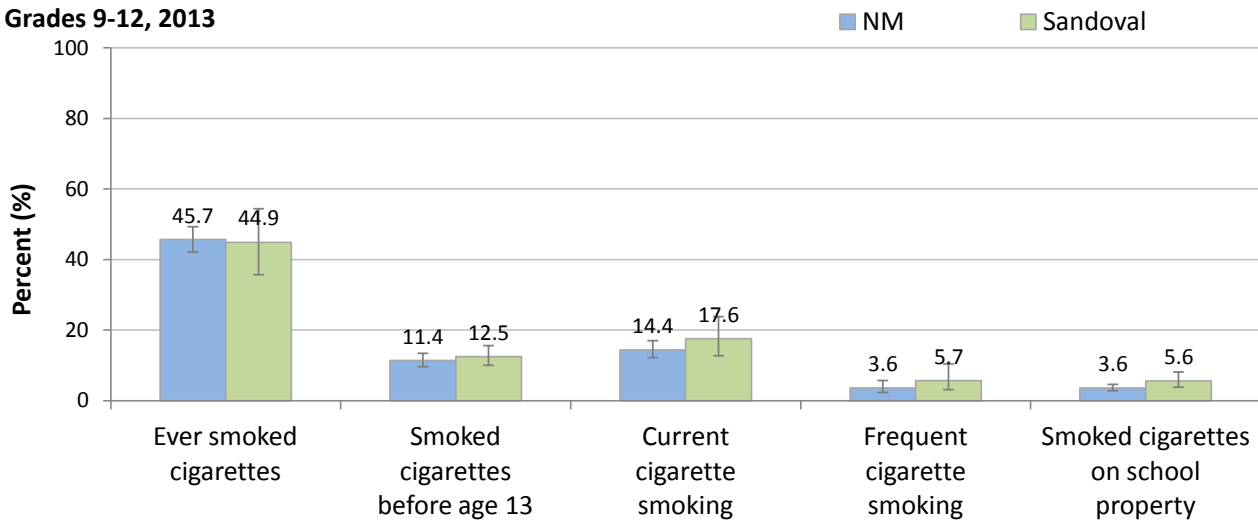
**Tobacco Use**

**Tobacco Use Indicators  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013**

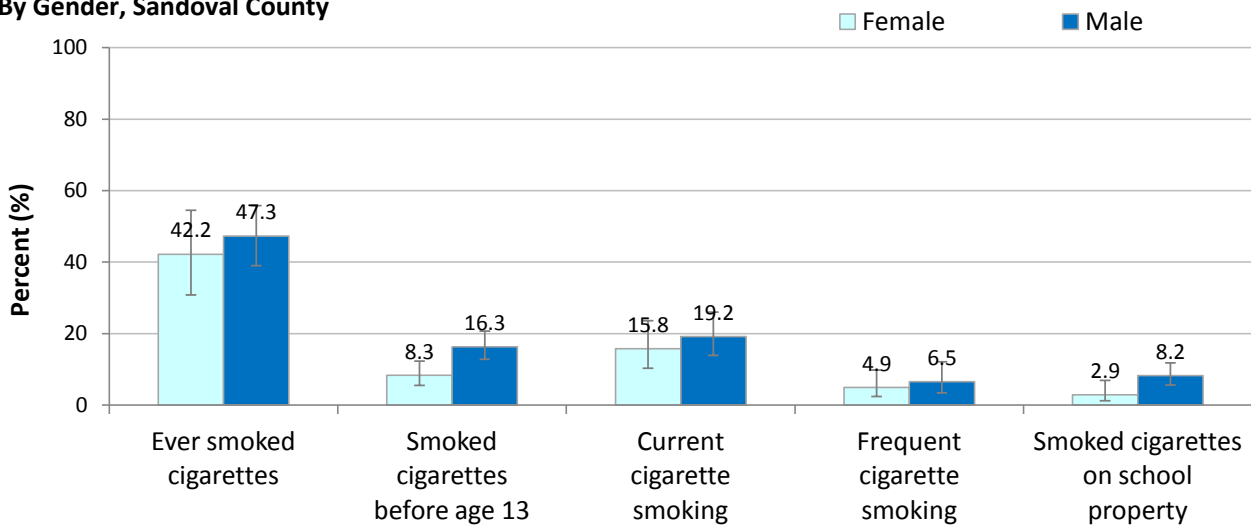


	2003	2005	2007	2009	2011	2013
◇ Current cigarette smoking	27.2	33.6	27.9	27.3	15.0	17.6
■ Smoked cigarettes before age 13	25.9	32.7	31.9	25.4	14.6	12.5
● Current cigar use	16.5	27.4	21.5	16.2	12.3	13.2
× Smoked cigarettes on school property	11.1	9.3	7.1	7.3	4.5	5.6
* Current spit tobacco use	6.9	7.5	8.6	11.8	6.2	7.1

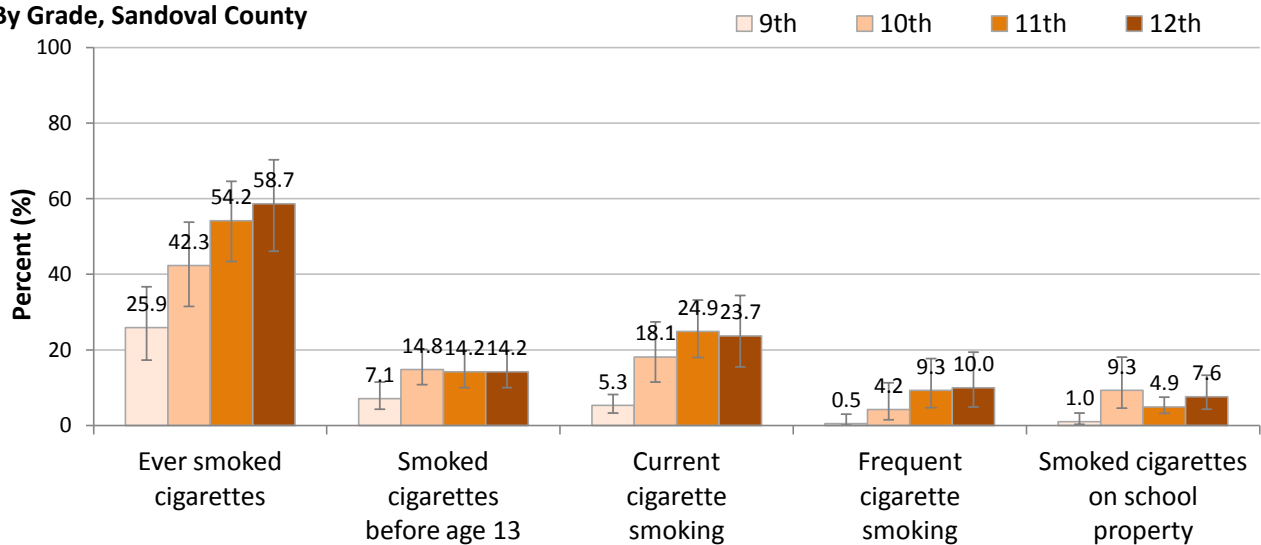
**Tobacco: Cigarette Use**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



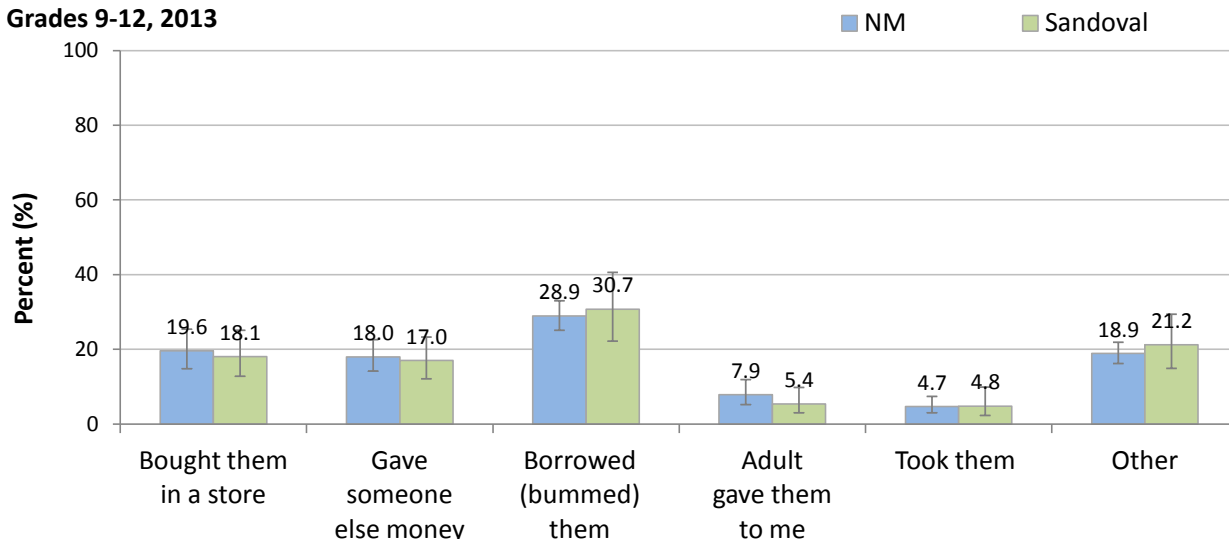
**By Gender, Sandoval County**



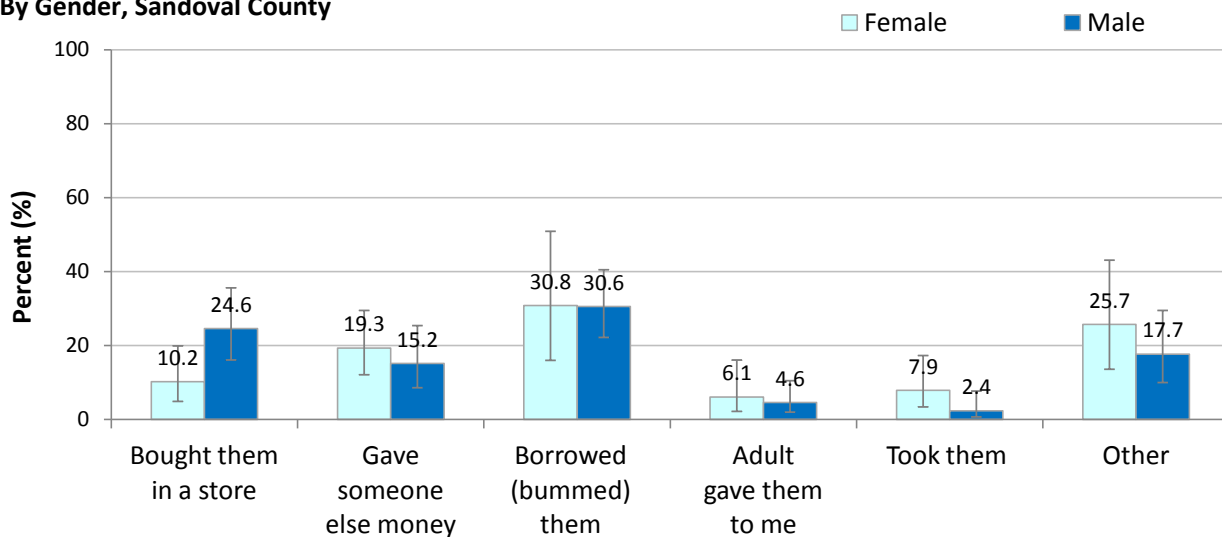
**By Grade, Sandoval County**



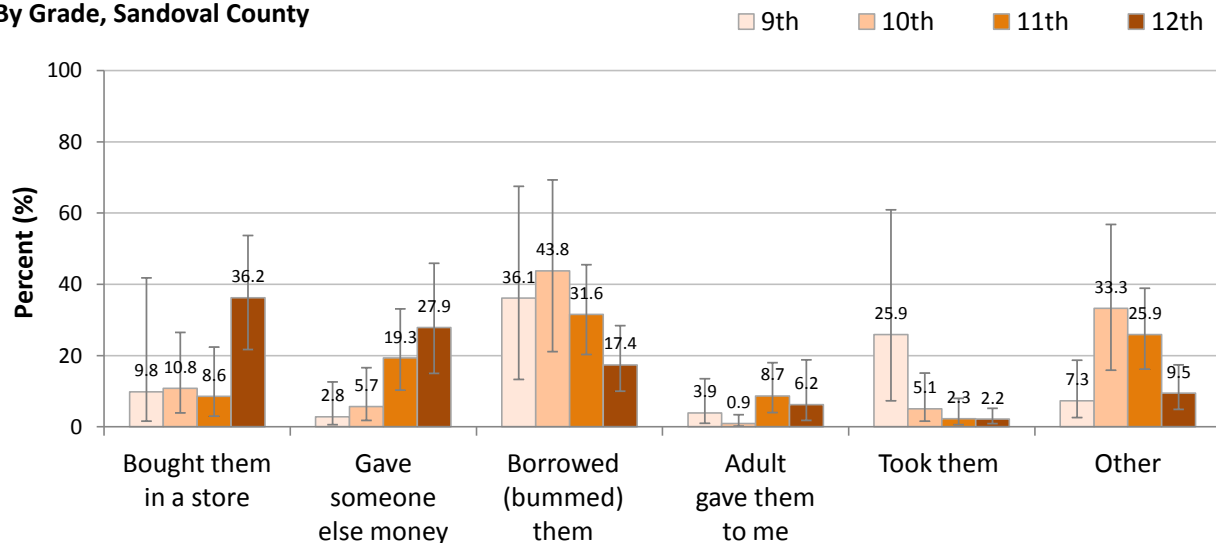
**Tobacco: Usual Source of Cigarettes**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



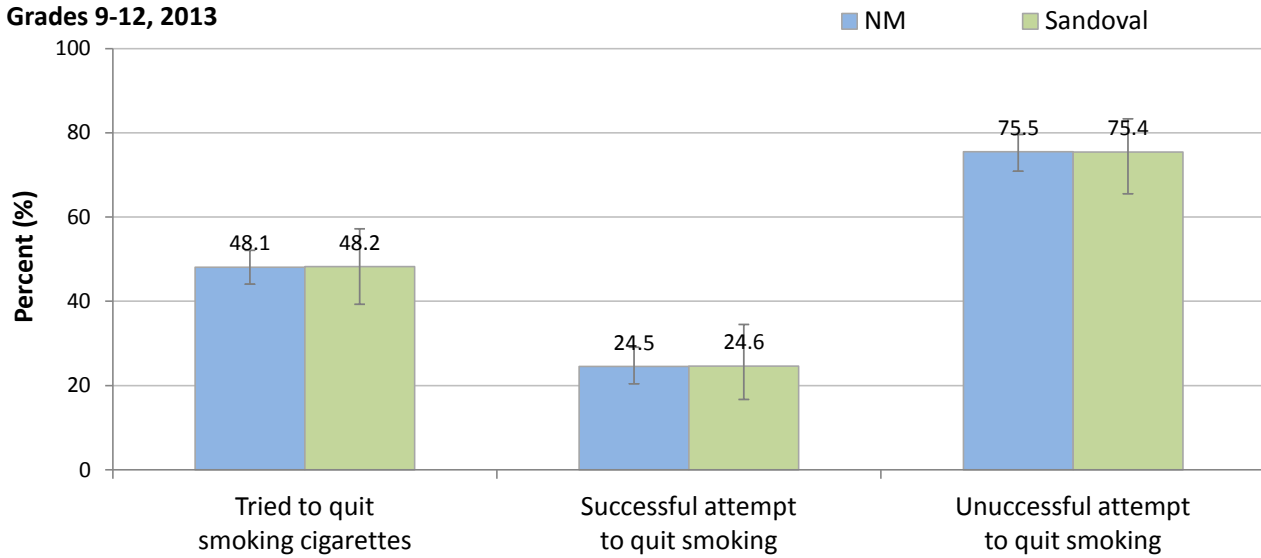
**By Gender, Sandoval County**



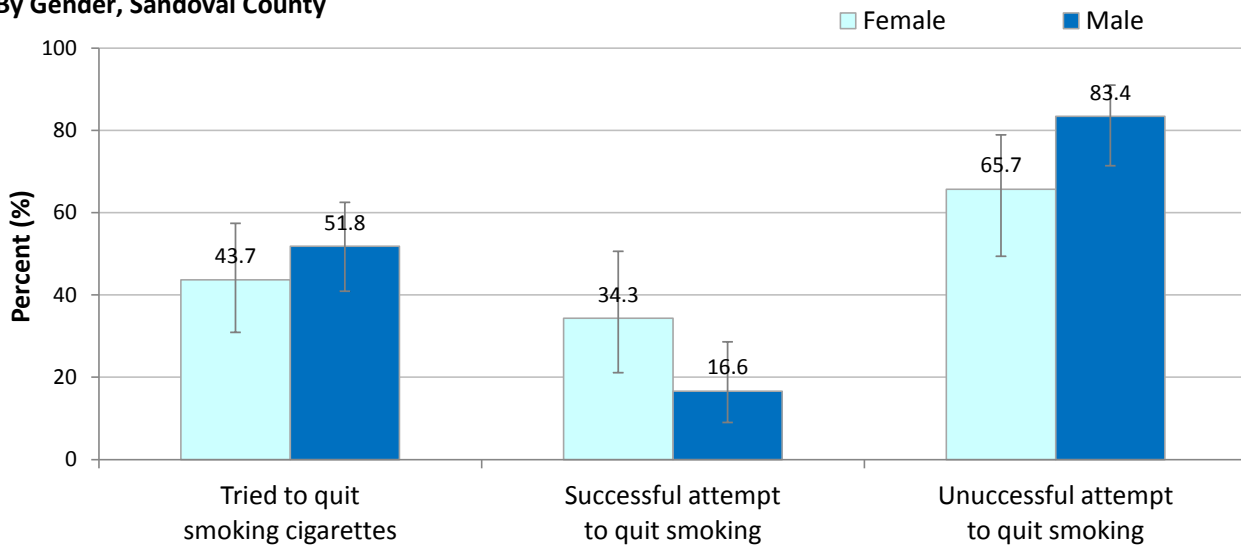
**By Grade, Sandoval County**



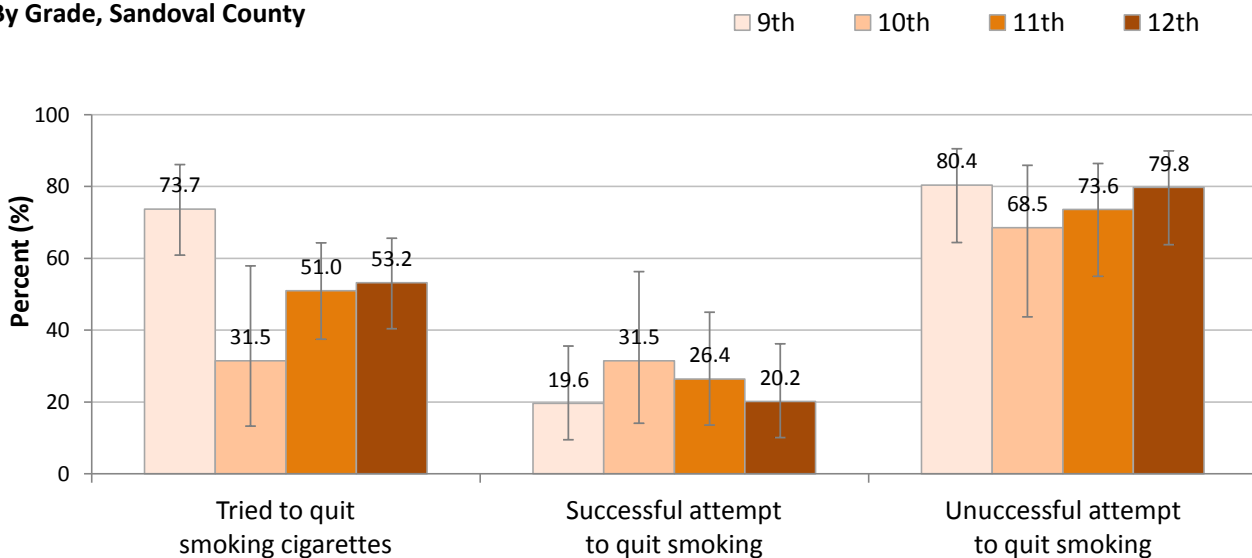
**Tobacco: Cigarette Quitting Behavior**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

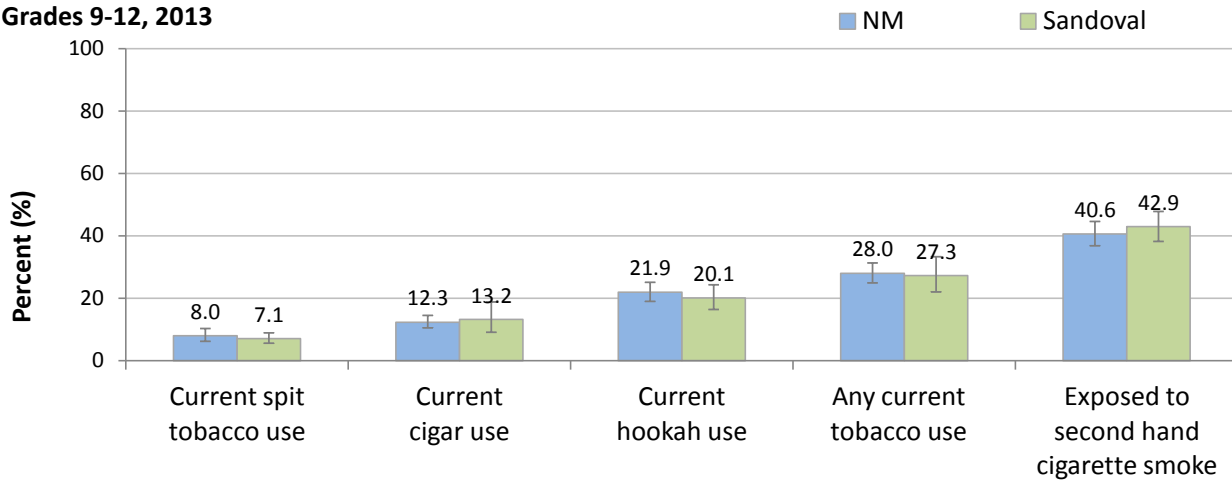


**By Grade, Sandoval County**

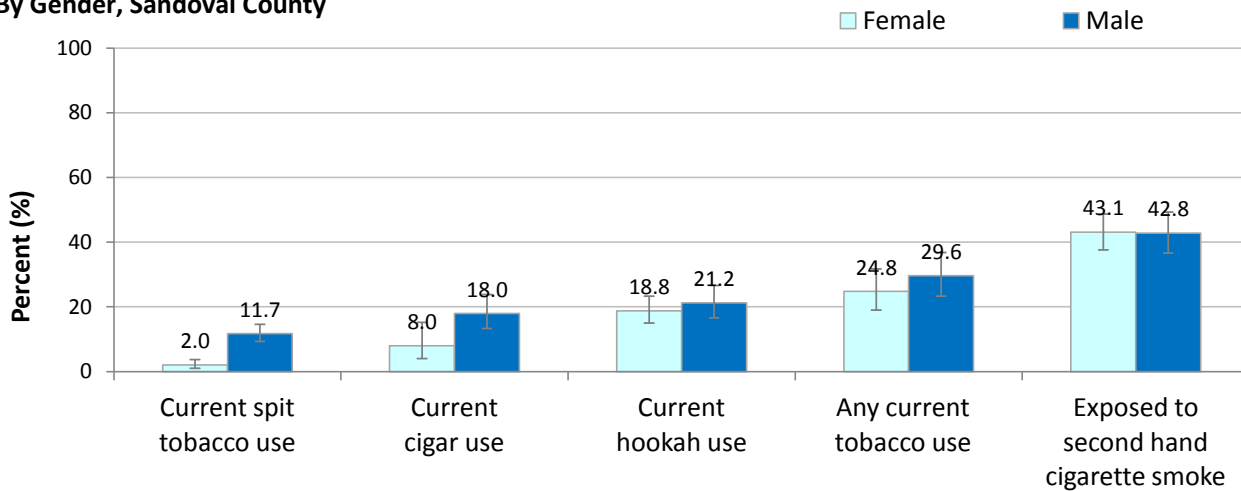




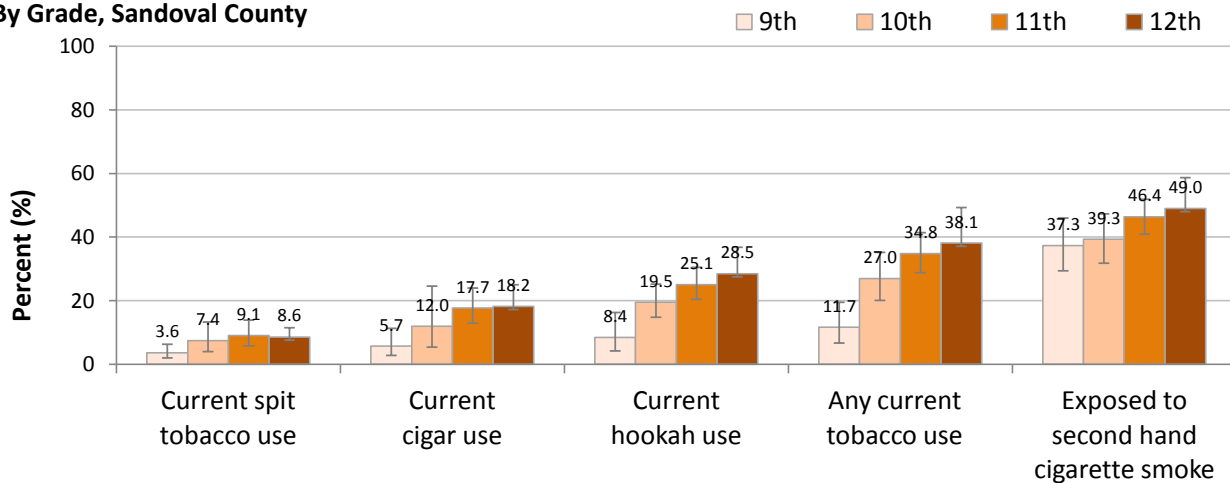
**Tobacco: Other Use and Exposure**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

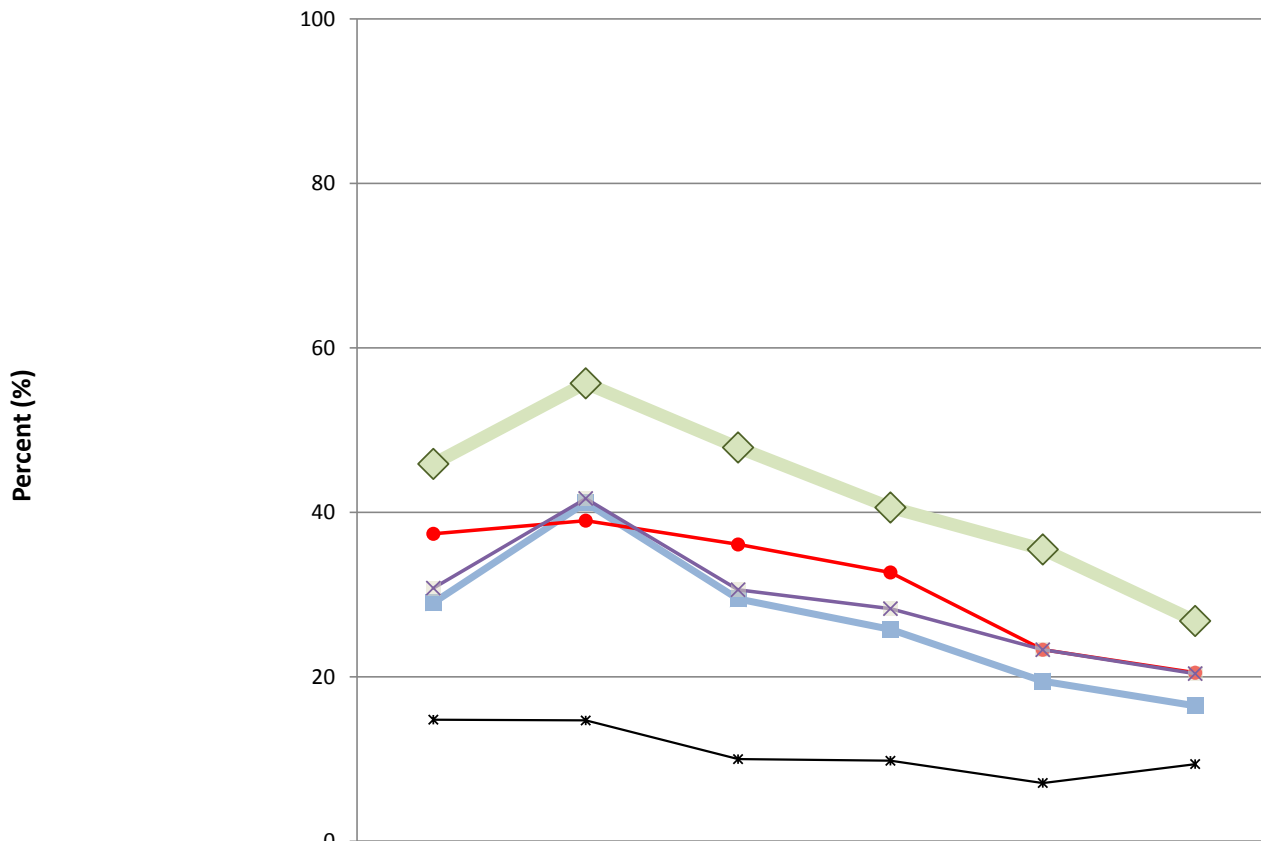


**By Grade, Sandoval County**



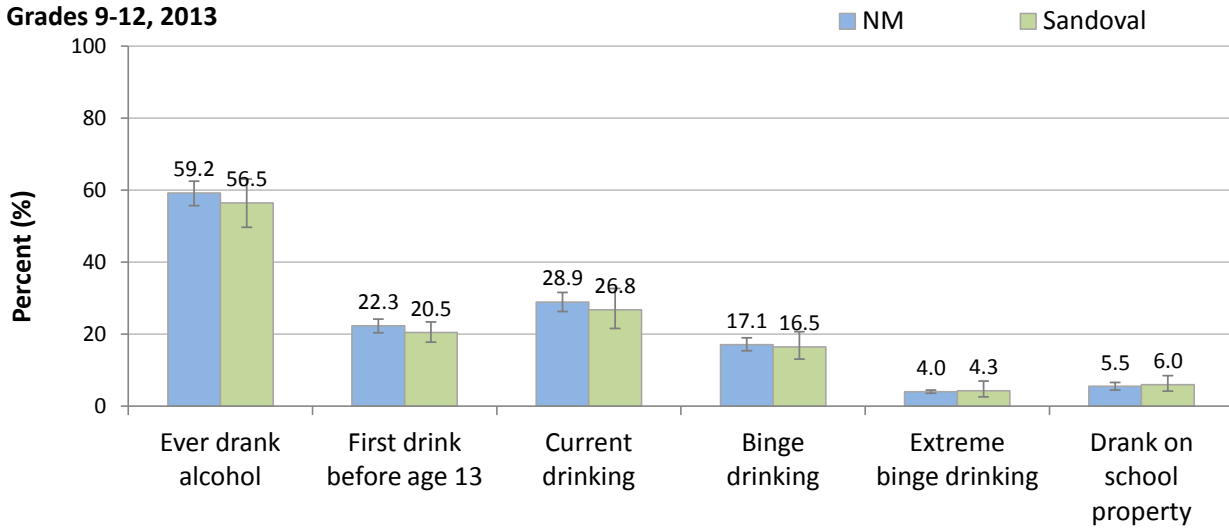
Alcohol Use

Alcohol Use Indicators  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013

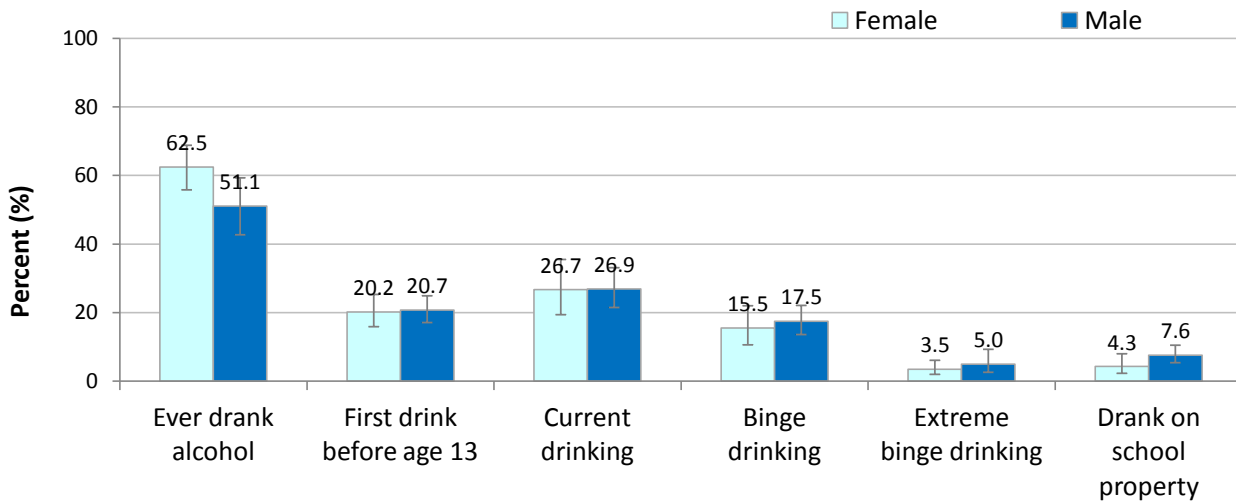


	2003	2005	2007	2009	2011	2013
◆ Current drinking	45.9	55.7	47.9	40.6	35.5	26.8
■ Binge drinking	29.0	41.2	29.5	25.8	19.5	16.5
● First drink before age 13	37.4	39.0	36.1	32.7	23.3	20.5
× Rode with drinking driver	30.8	41.7	30.6	28.3	23.3	20.4
* Drinking and driving	14.8	14.7	10.0	9.8	7.1	9.4

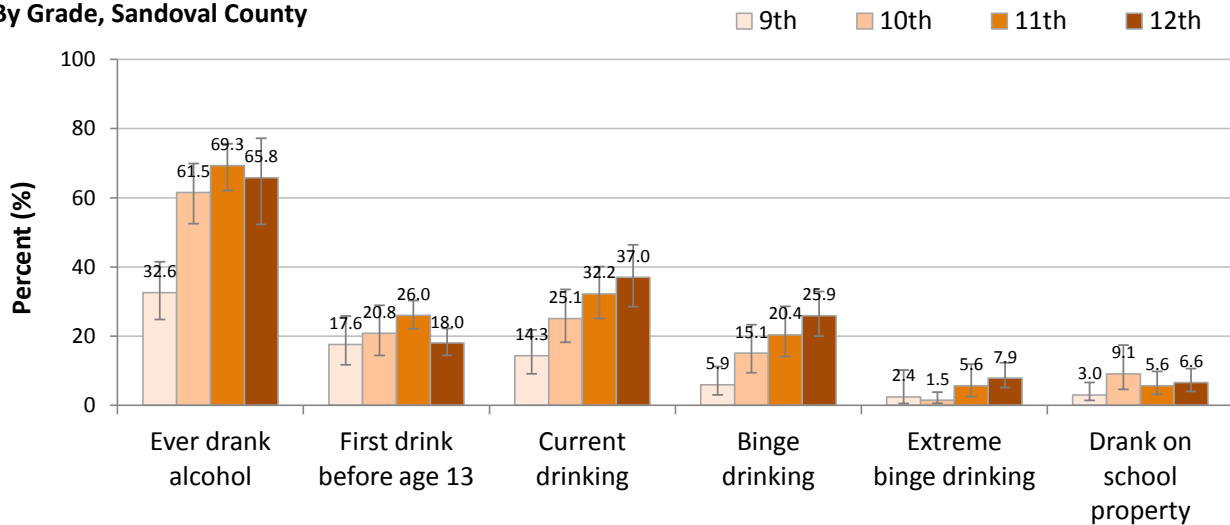
**Alcohol Use**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



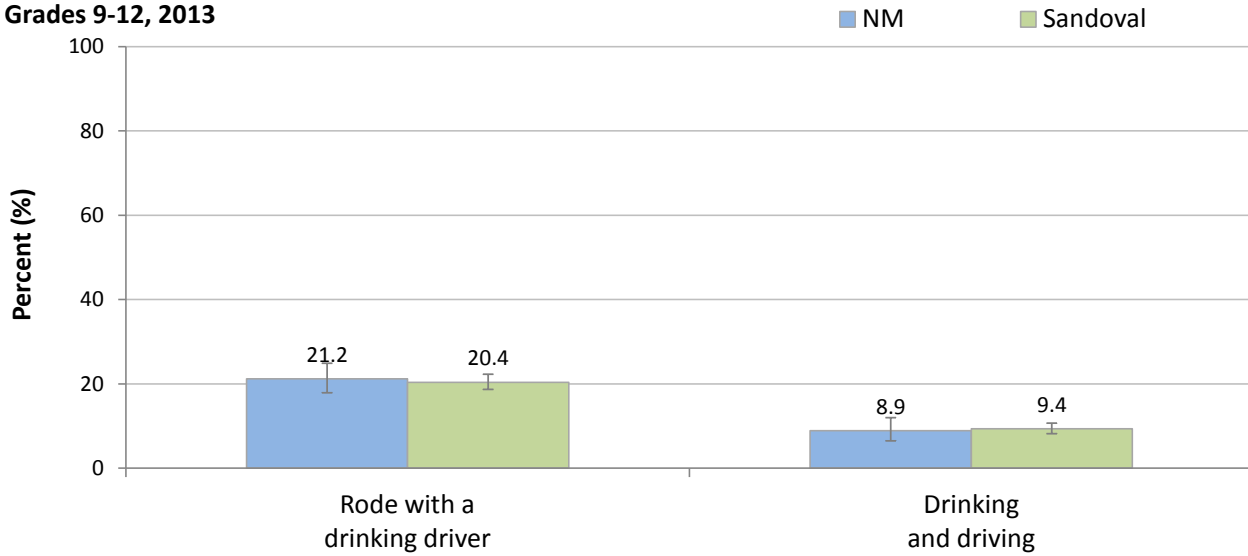
**By Gender, Sandoval County**



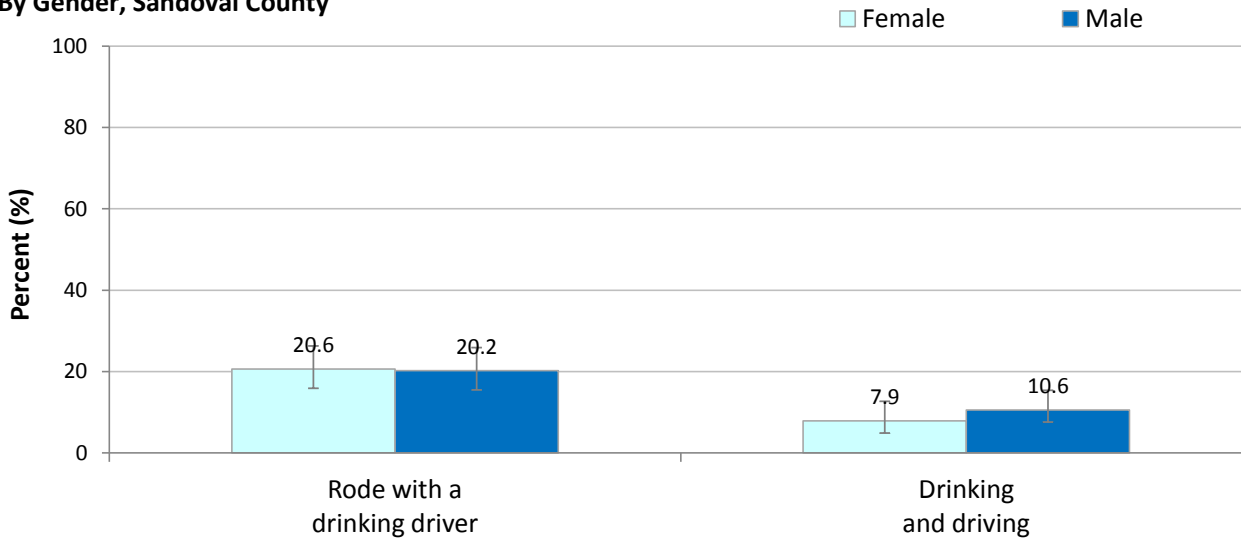
**By Grade, Sandoval County**



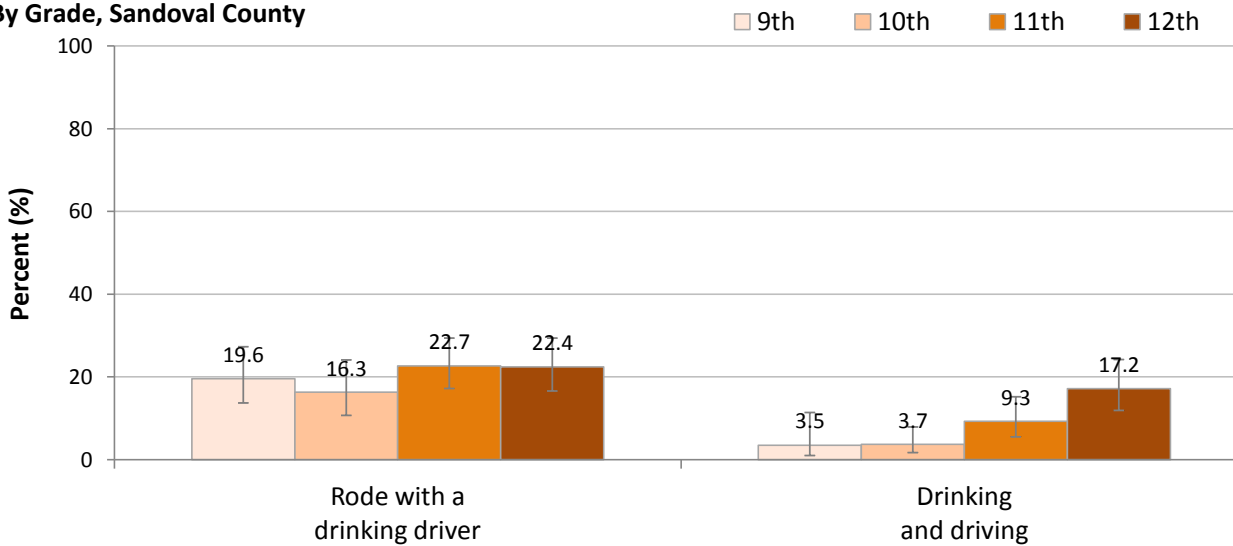
**Alcohol Use and Injury**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



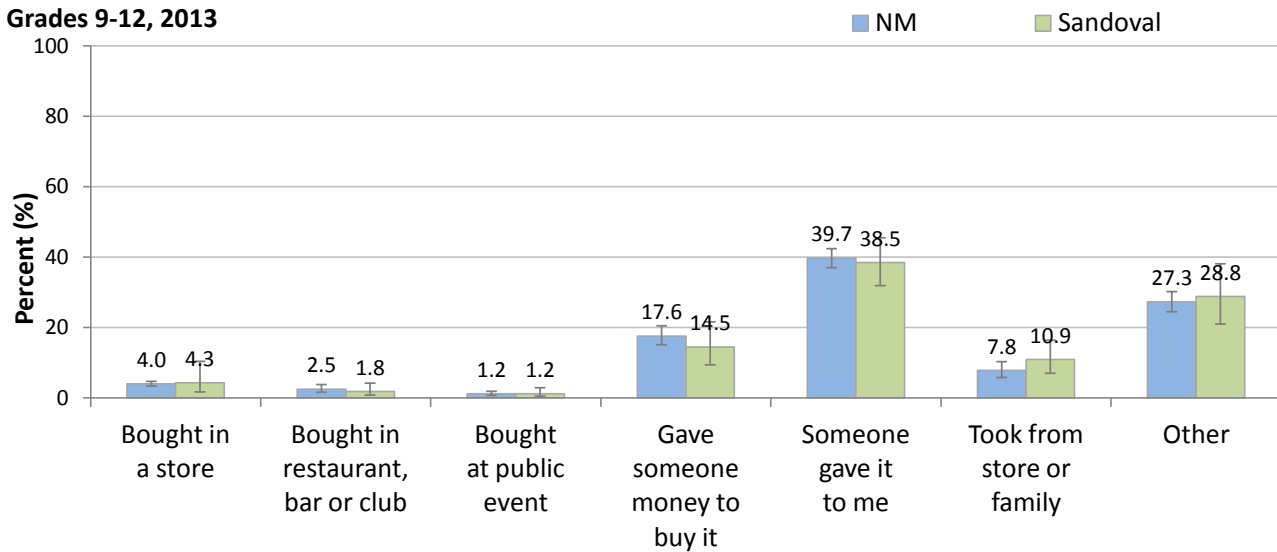
**By Gender, Sandoval County**



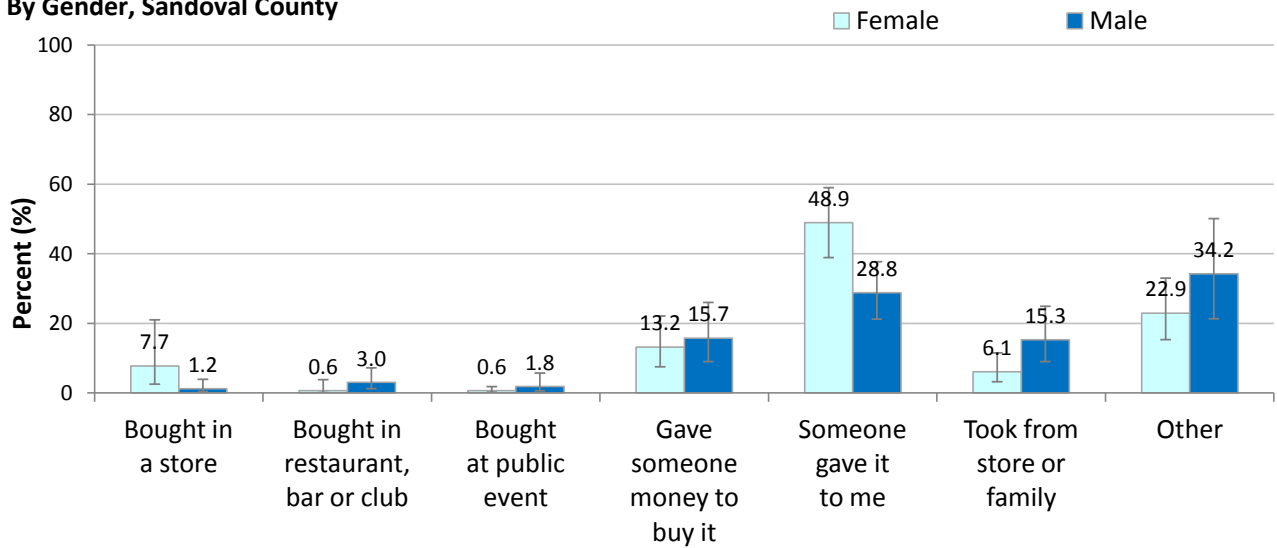
**By Grade, Sandoval County**



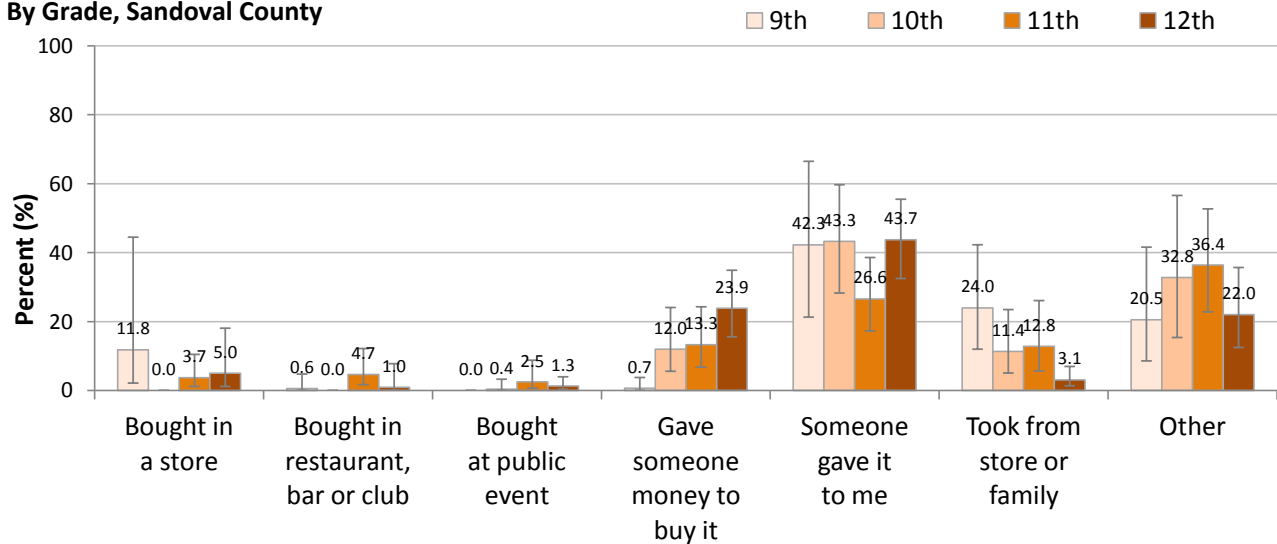
**Behaviors of Current Drinkers: How usually obtained alcohol**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



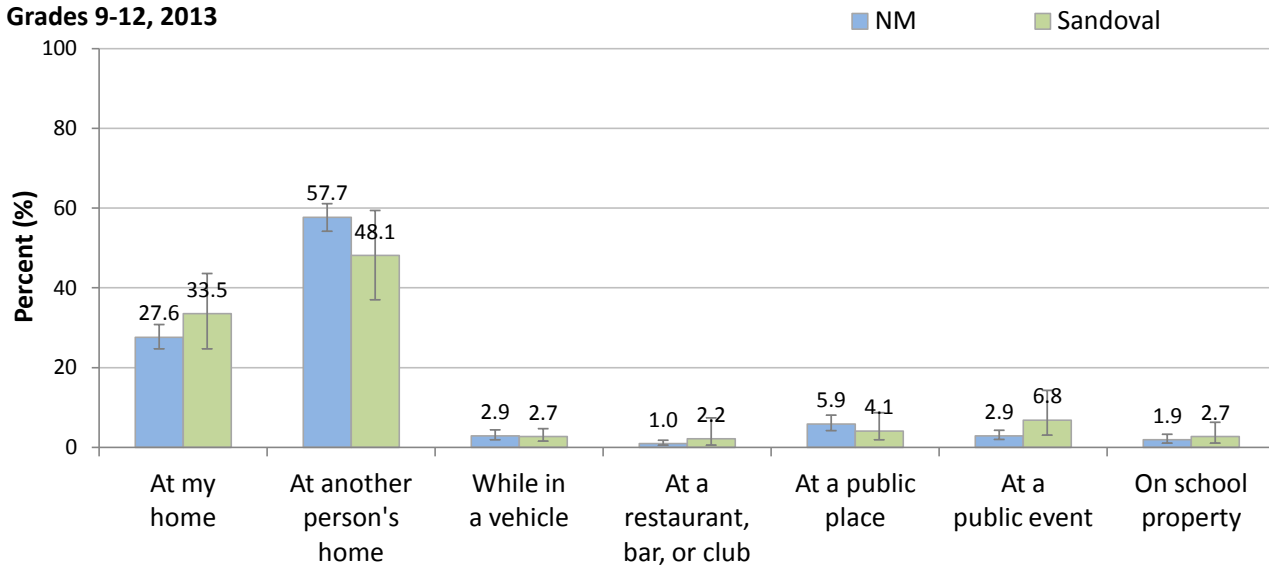
**By Gender, Sandoval County**



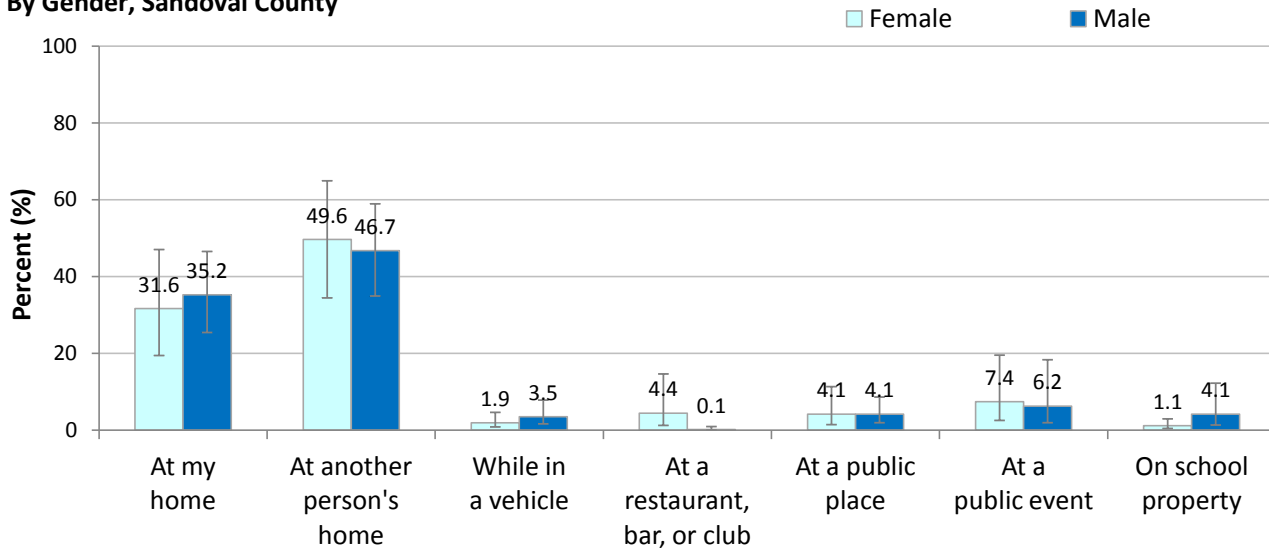
**By Grade, Sandoval County**



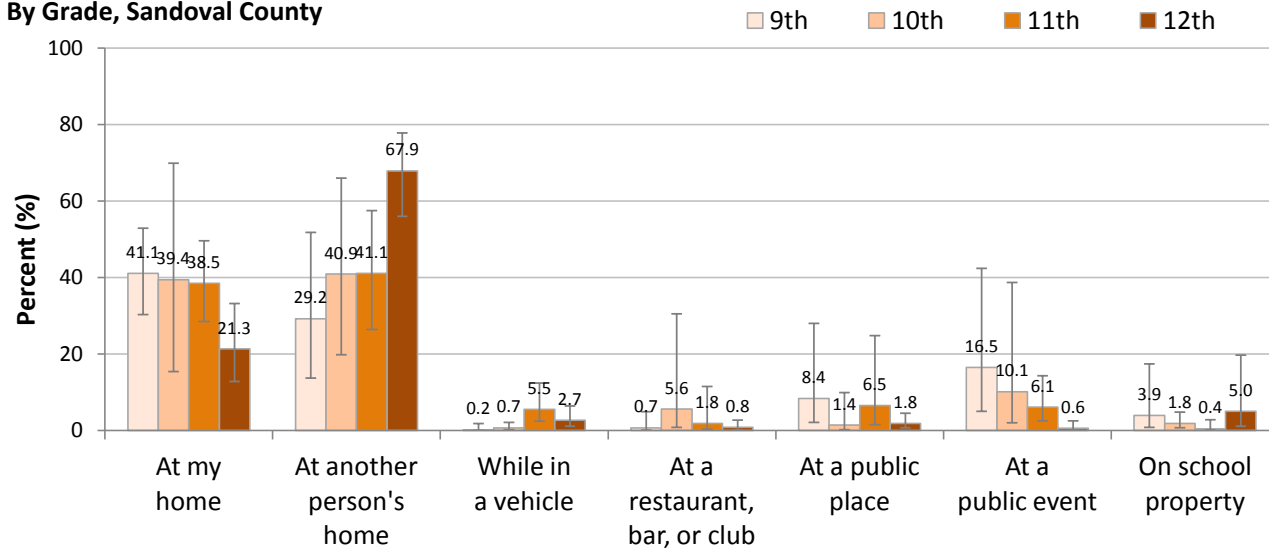
**Behaviors of Current Drinkers: Where usually drank alcohol**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



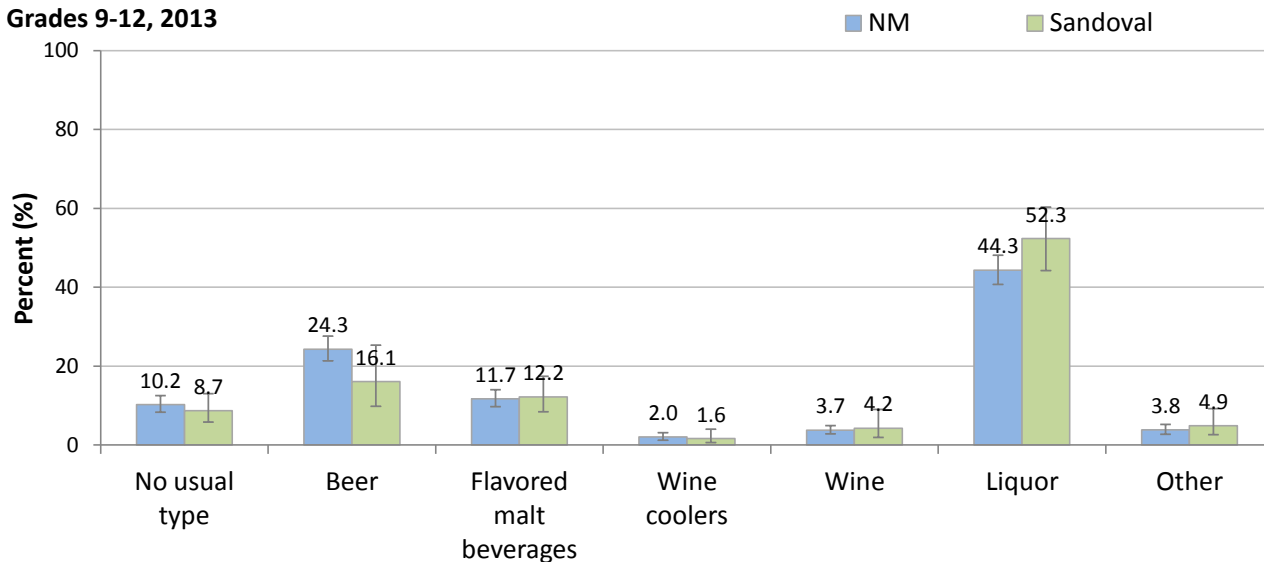
**By Gender, Sandoval County**



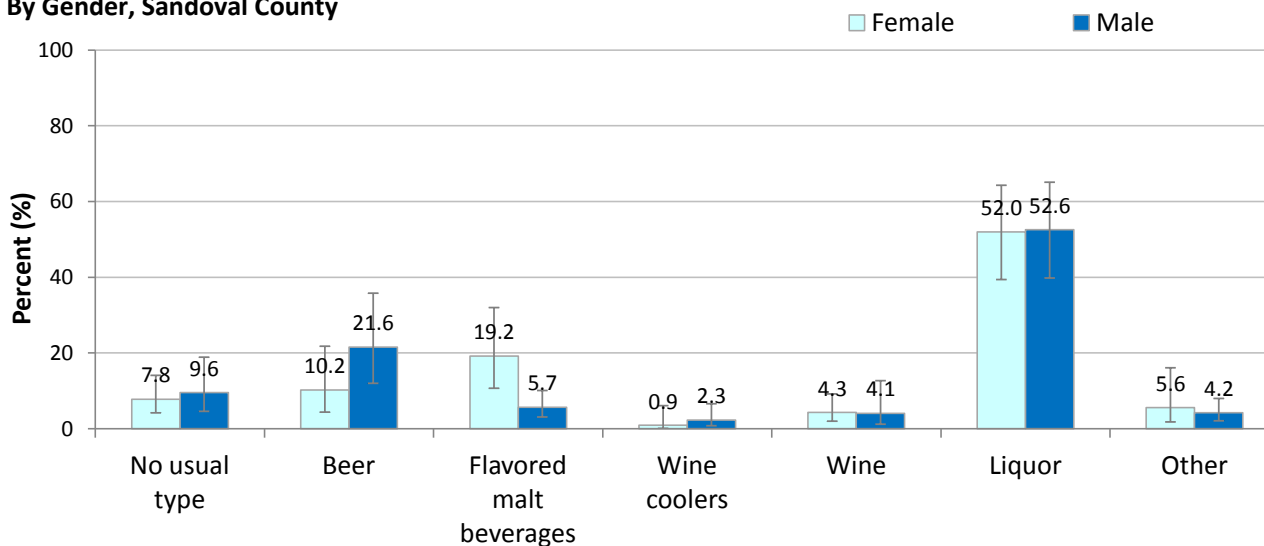
**By Grade, Sandoval County**



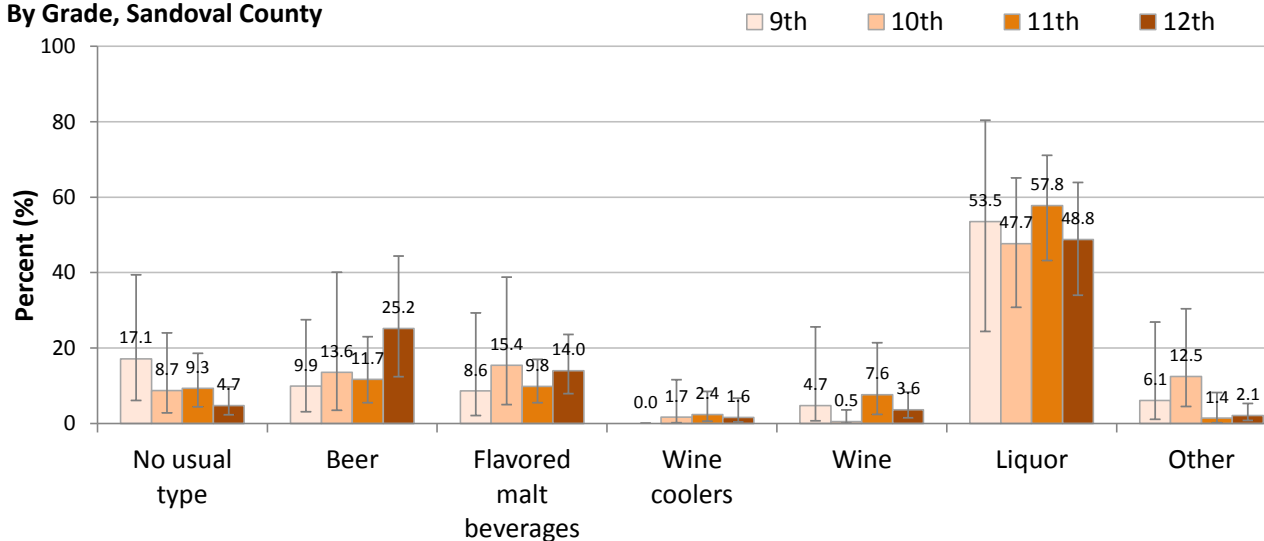
**Behaviors of Current Drinkers: Usual type of alcohol**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

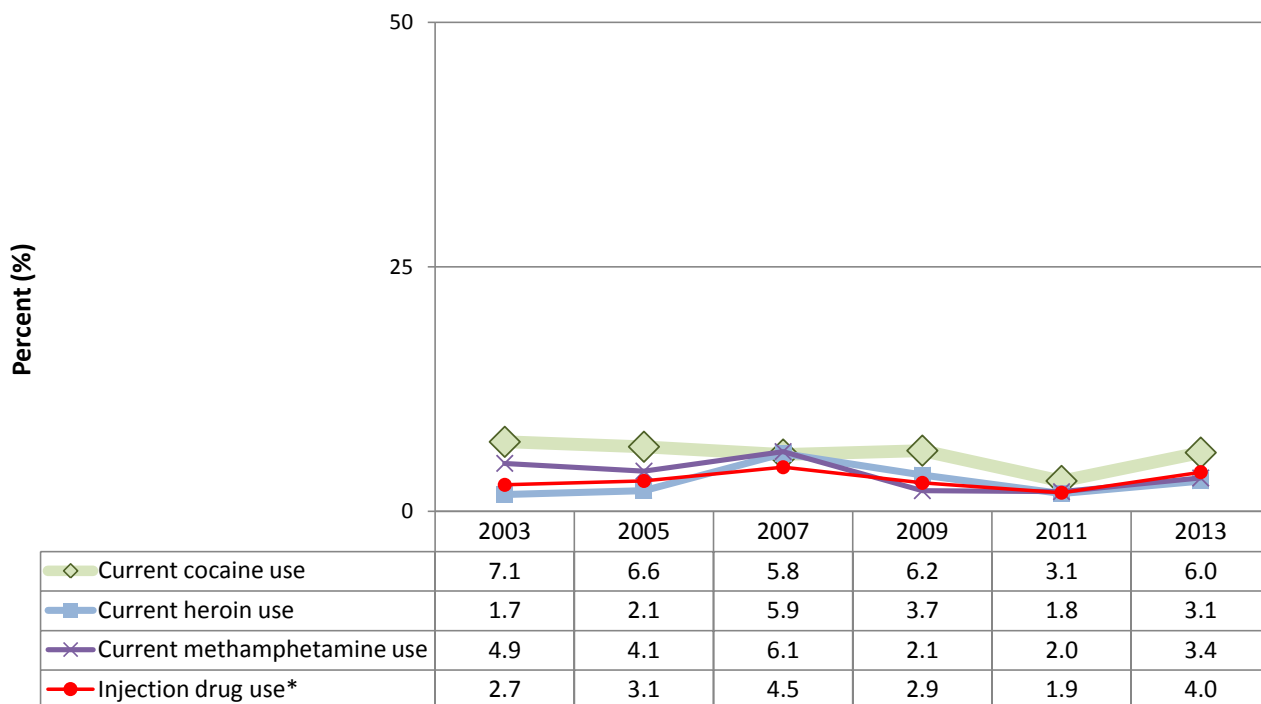
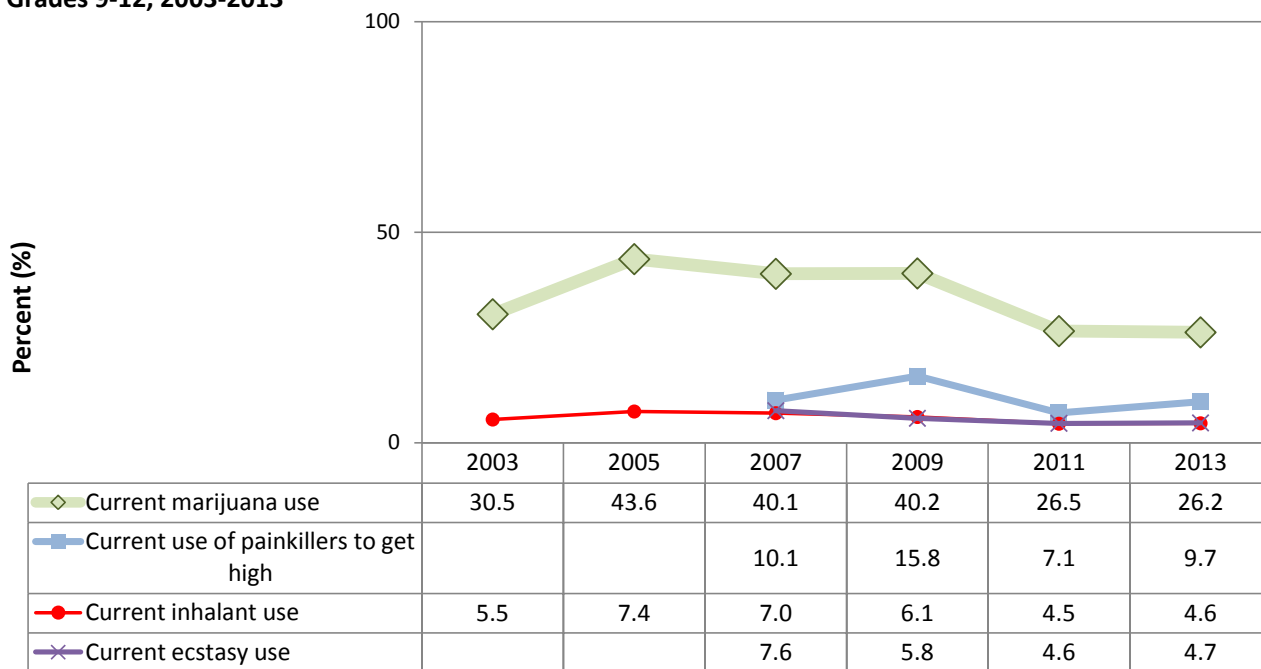


**By Grade, Sandoval County**



Drug Use

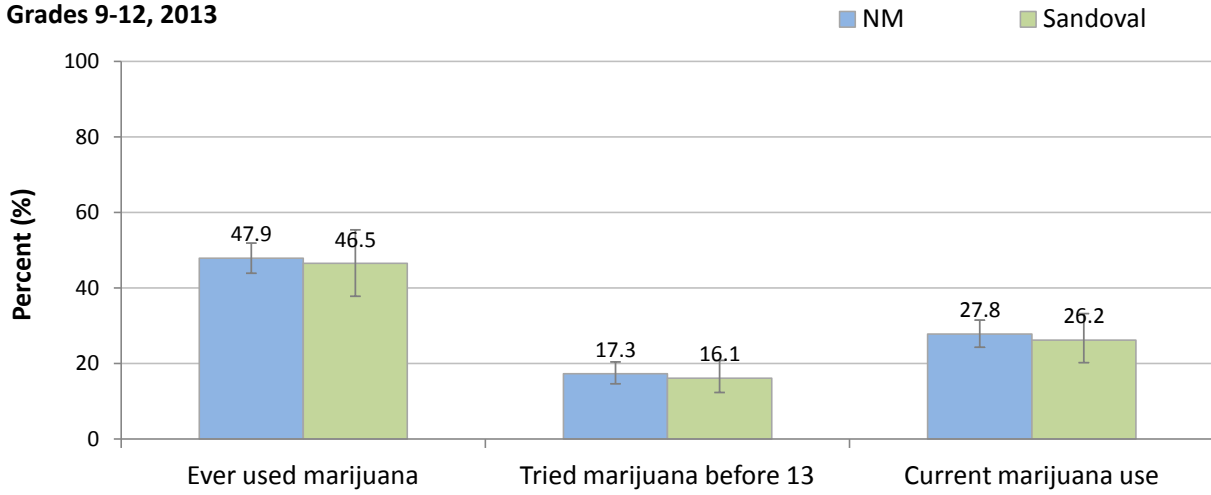
Drug Use Indicators  
by Year, Sandoval County  
Grades 9-12, 2003-2013



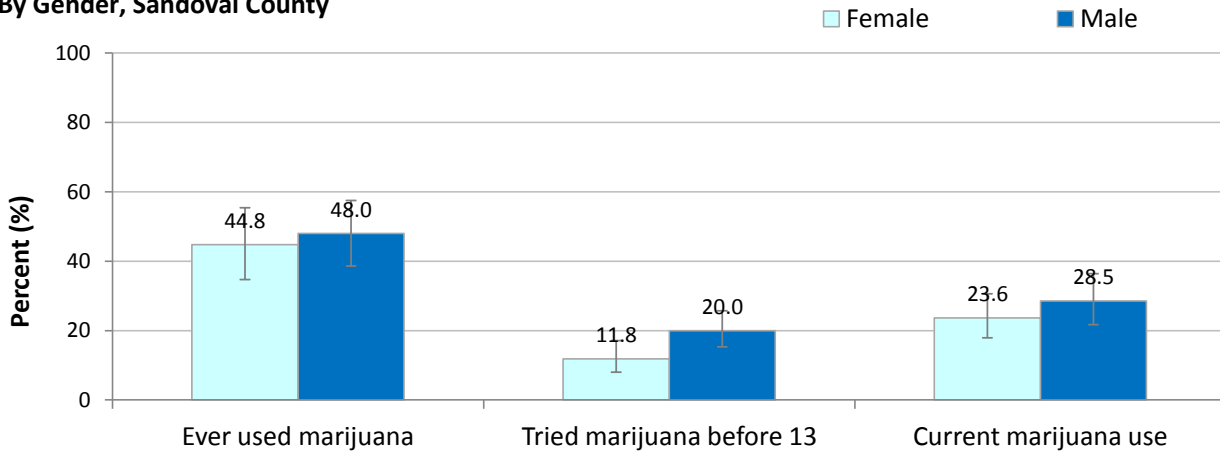
\* Ever injected illegal drugs in lifetime



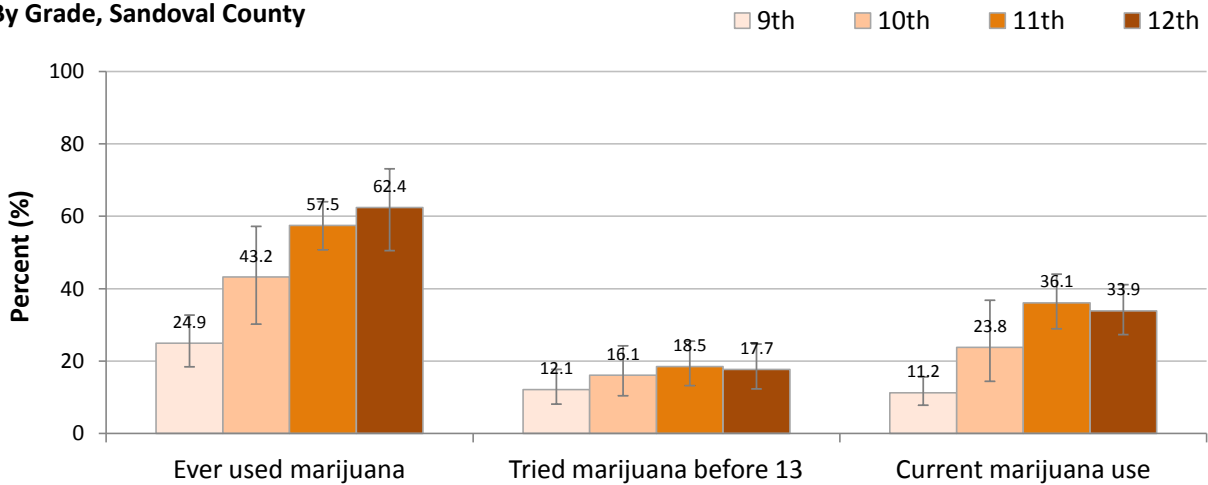
**Drug Use: Marijuana**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



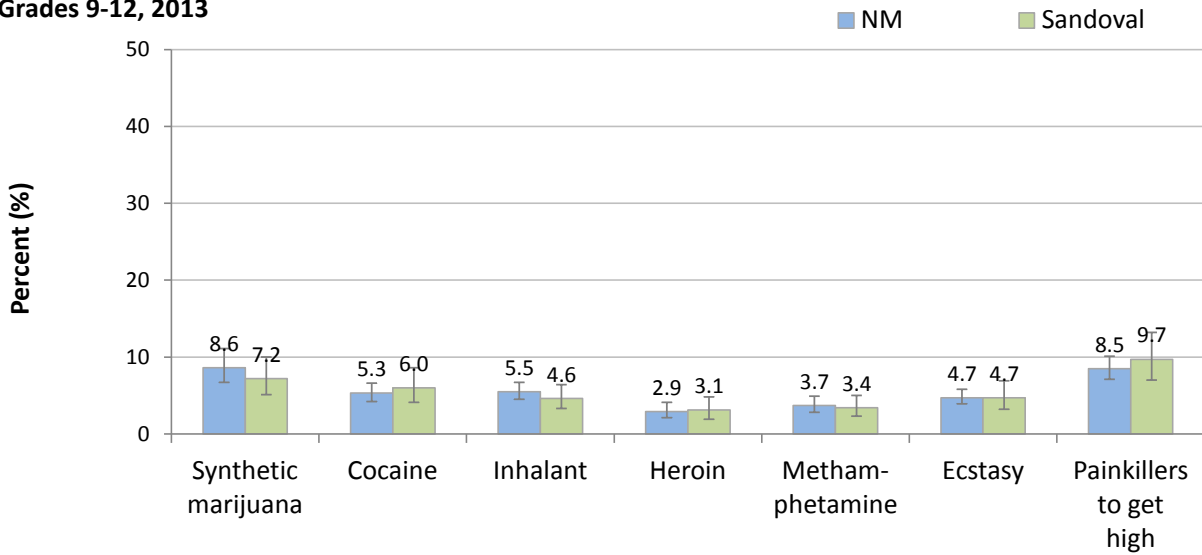
**By Gender, Sandoval County**



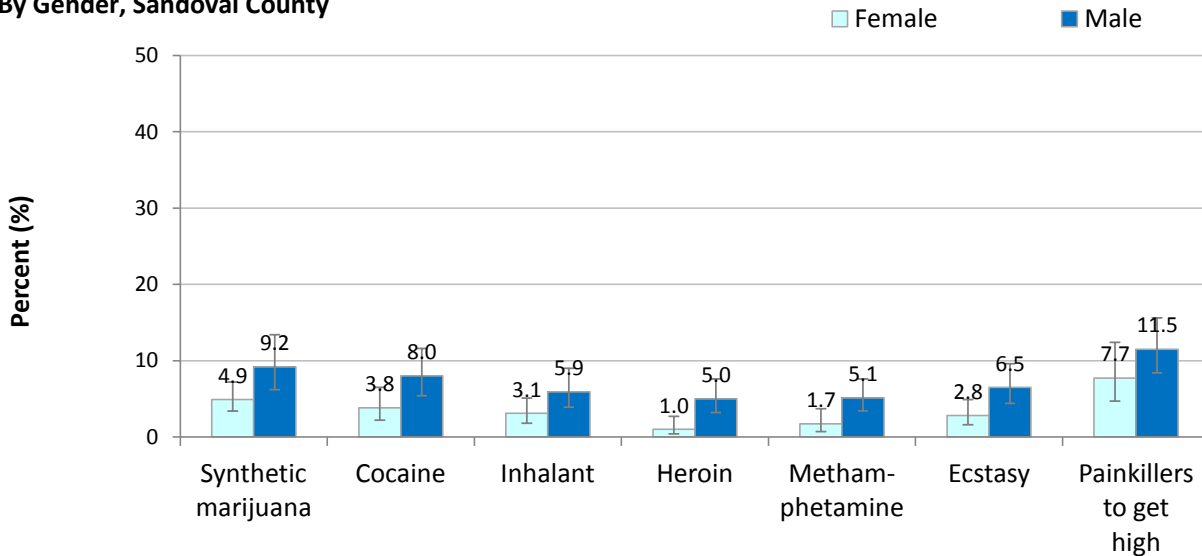
**By Grade, Sandoval County**



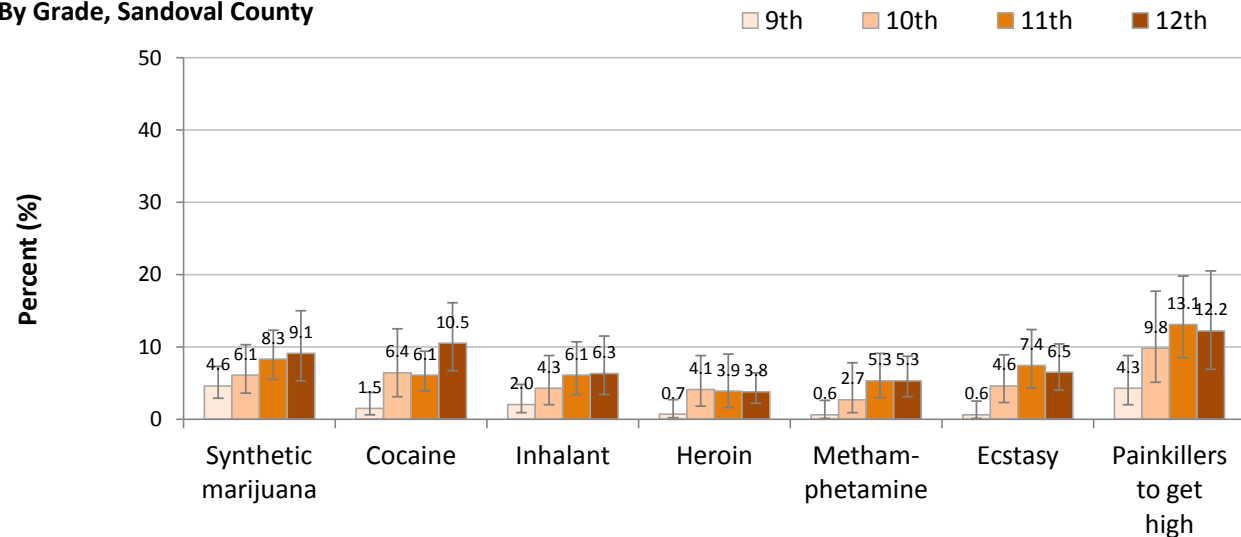
**Current (Past 30 day) Drug Use  
New Mexico and Sandoval County  
Grades 9-12, 2013**



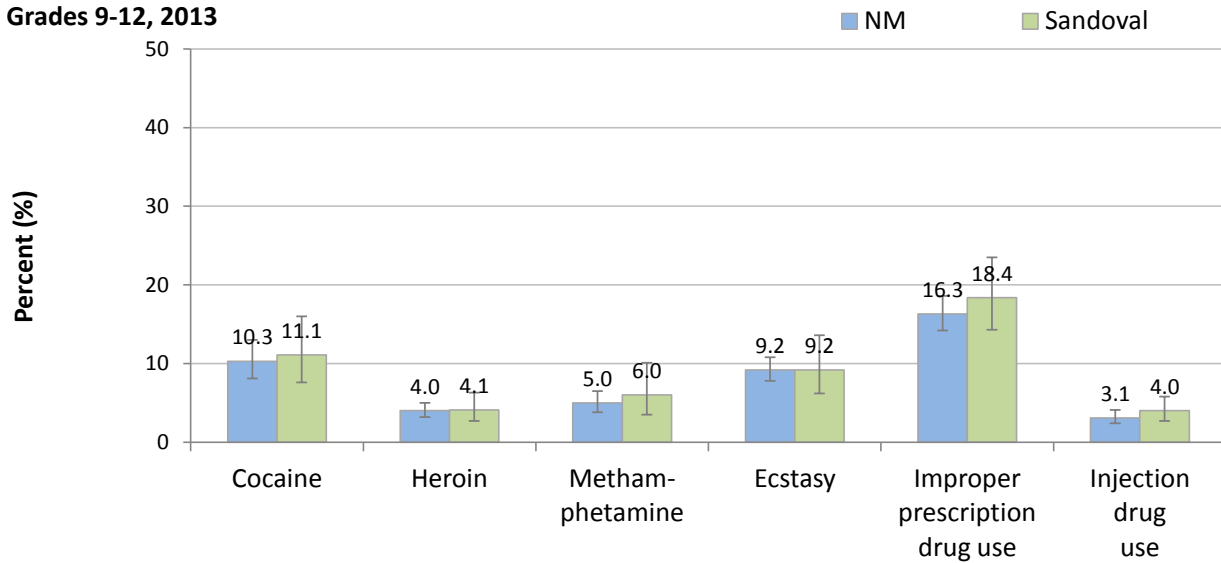
**By Gender, Sandoval County**



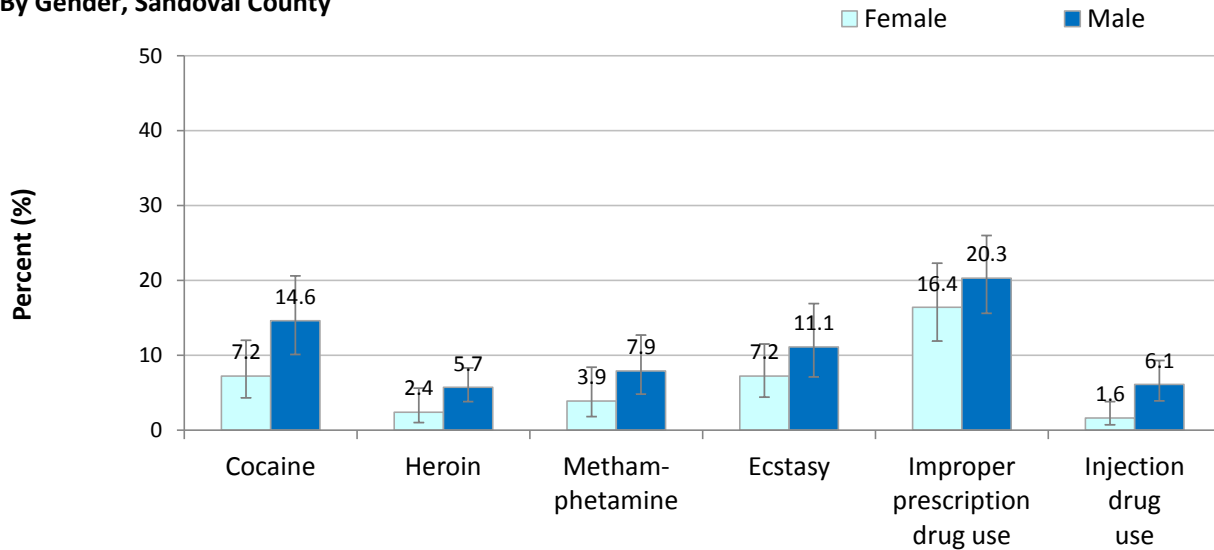
**By Grade, Sandoval County**



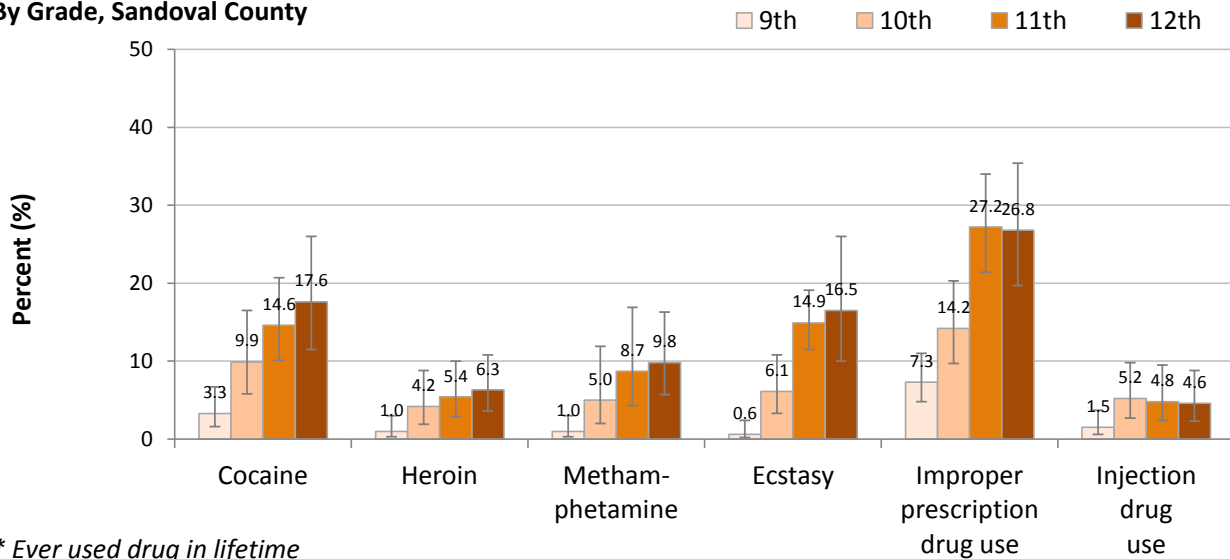
**Lifetime Drug Use\***  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

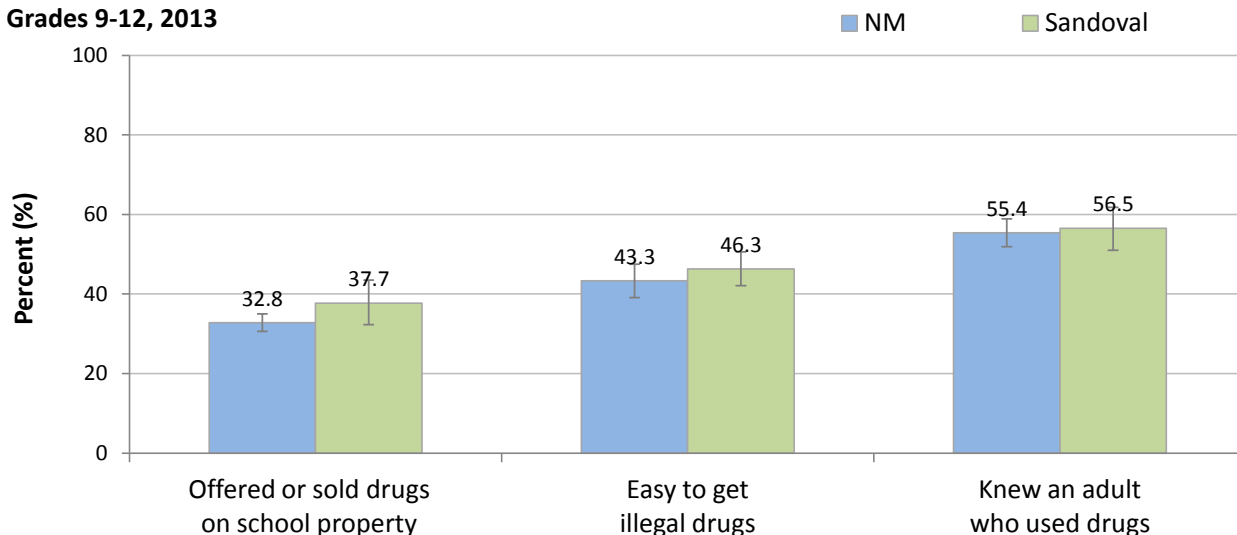


**By Grade, Sandoval County**

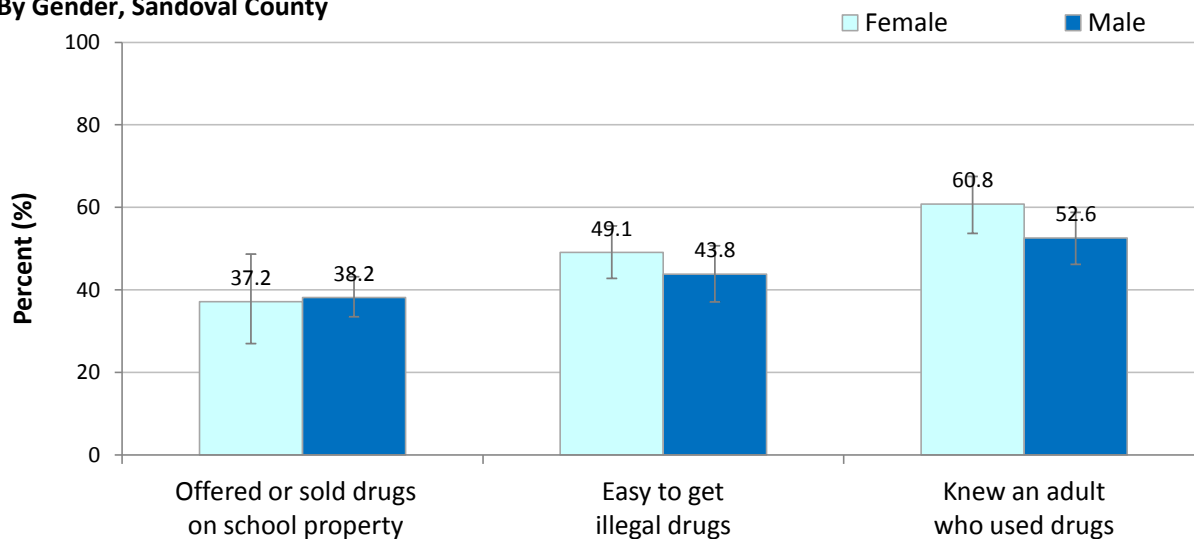


\* Ever used drug in lifetime

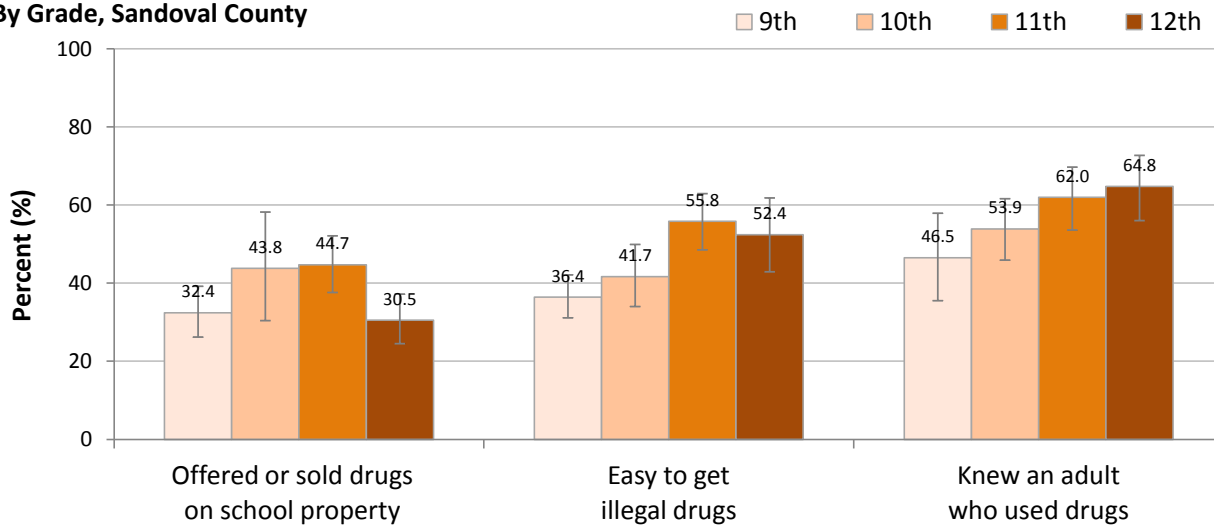
**Access to Drugs**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

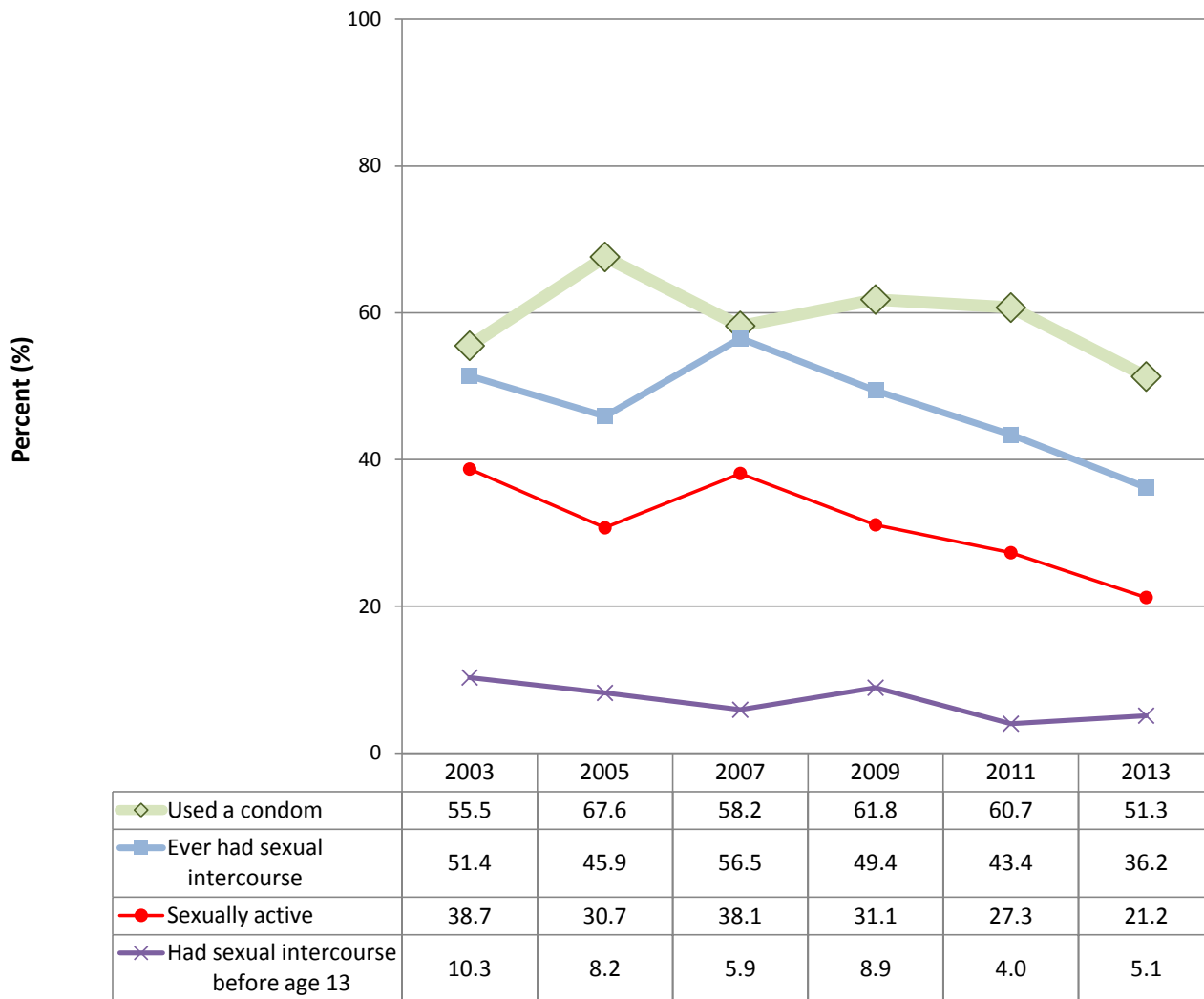


**By Grade, Sandoval County**

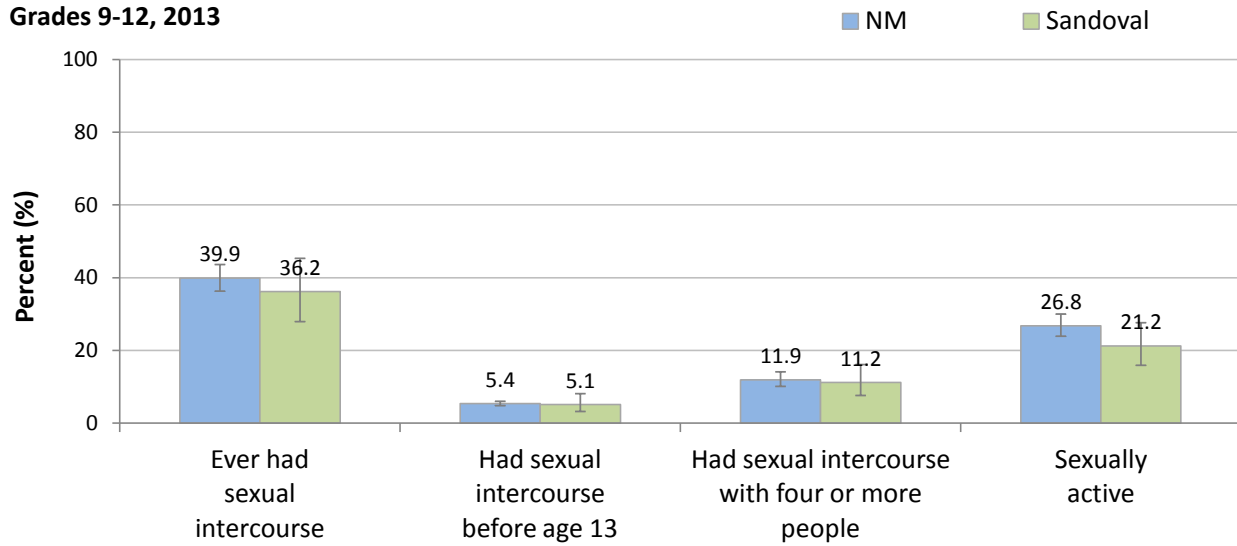


**Sexual Behavior**

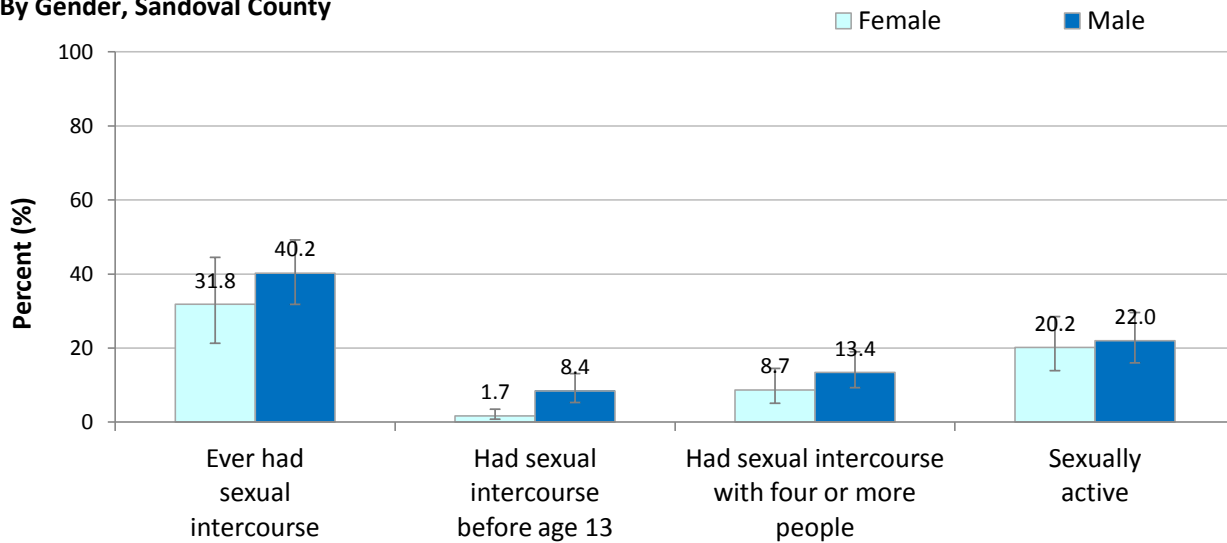
**Sexual Behavior  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013**



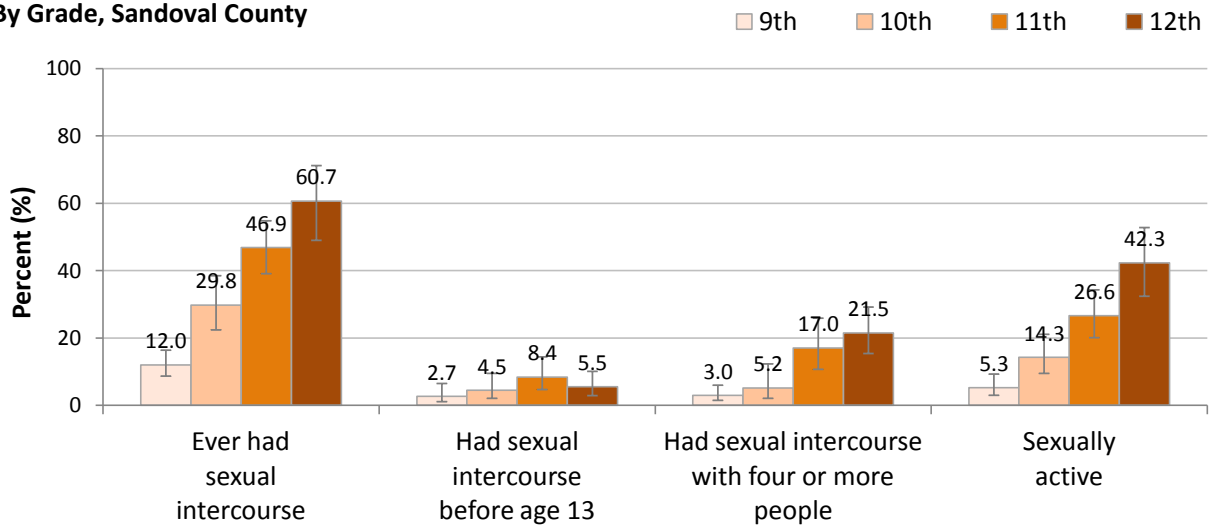
**Sexual Behavior**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



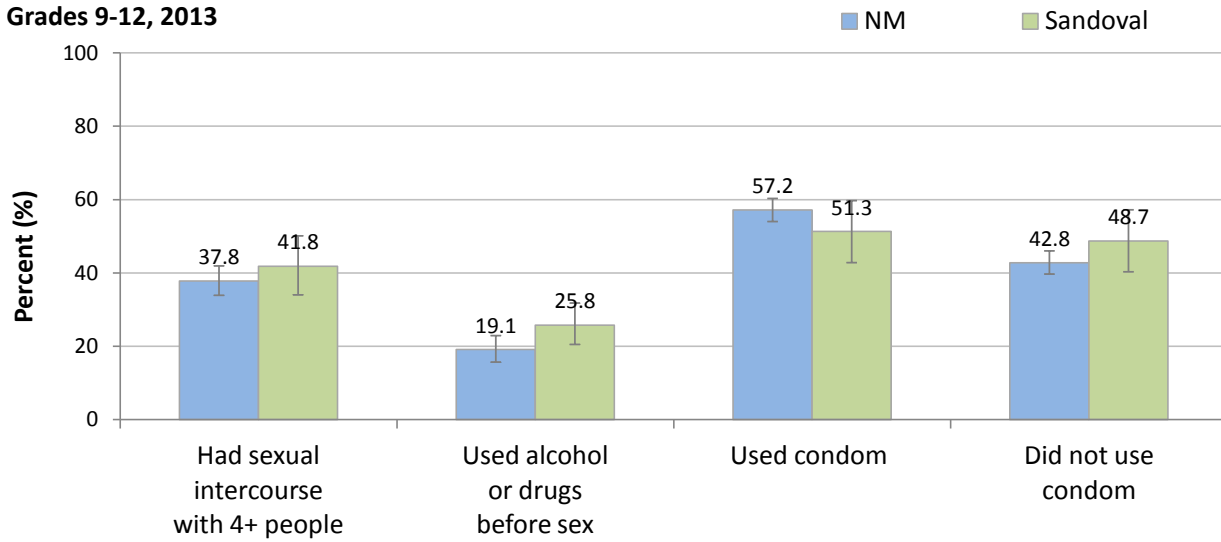
**By Gender, Sandoval County**



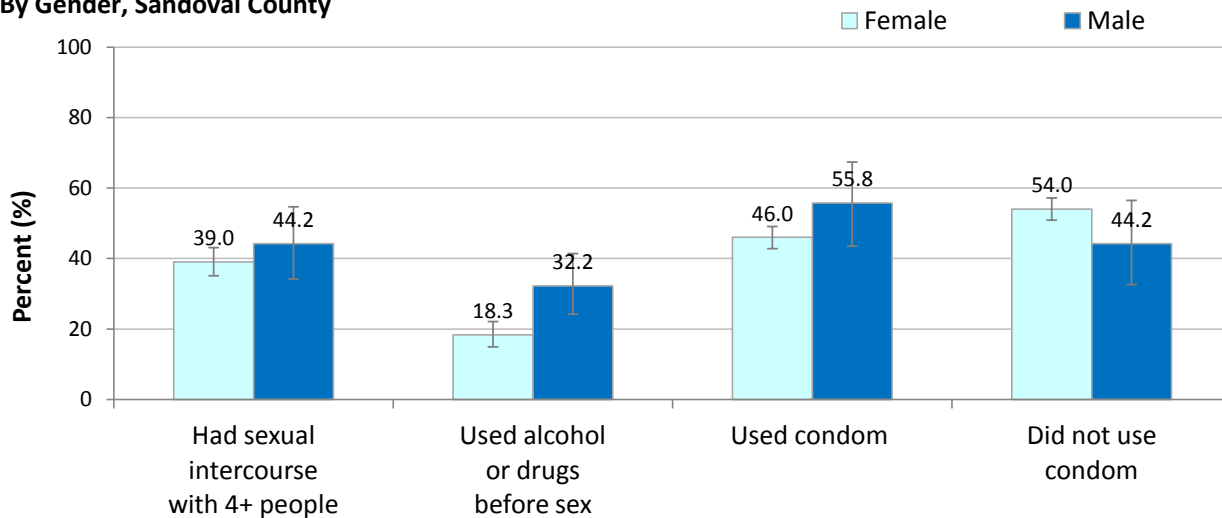
**By Grade, Sandoval County**



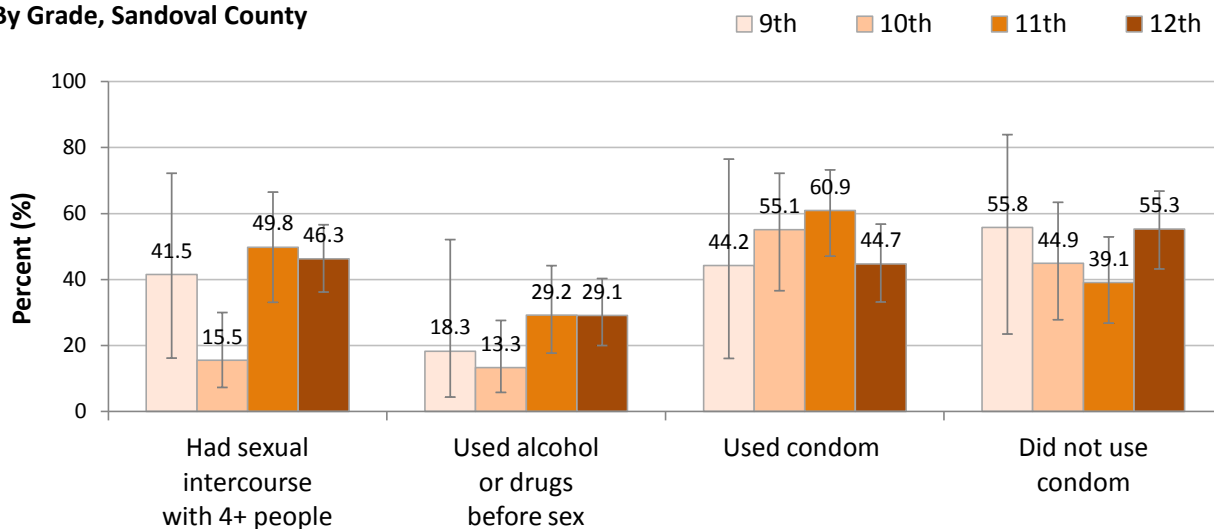
**Sexual Behaviors of Sexually Active Students  
New Mexico and Sandoval County  
Grades 9-12, 2013**



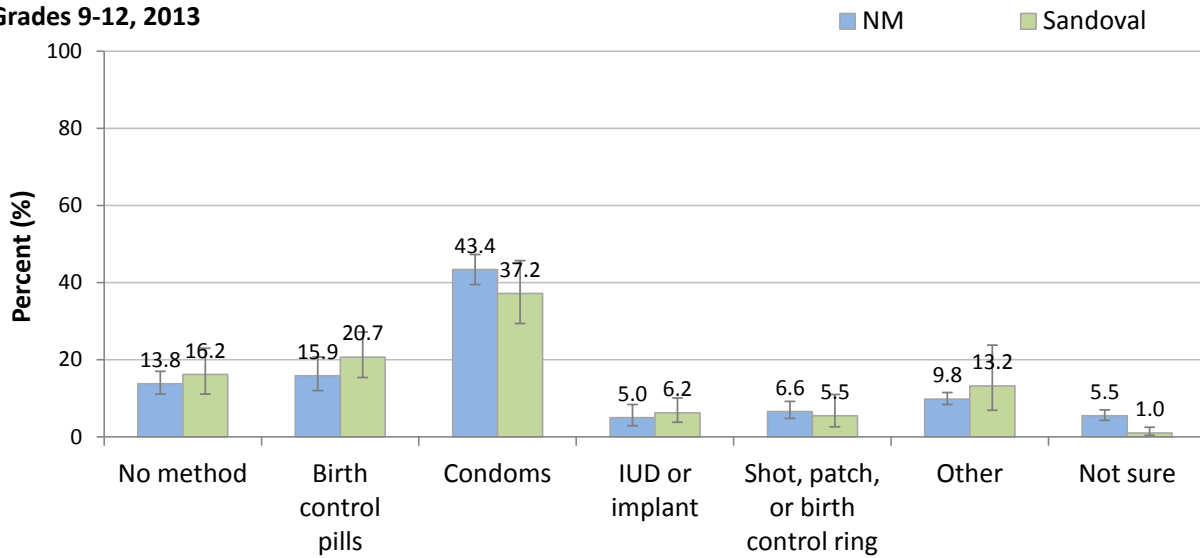
**By Gender, Sandoval County**



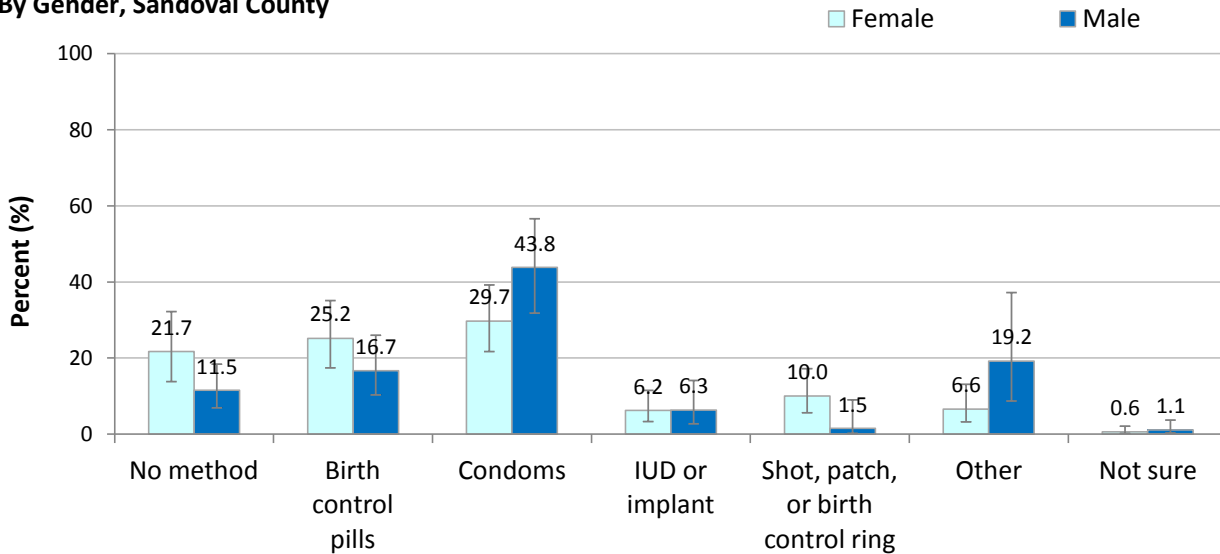
**By Grade, Sandoval County**



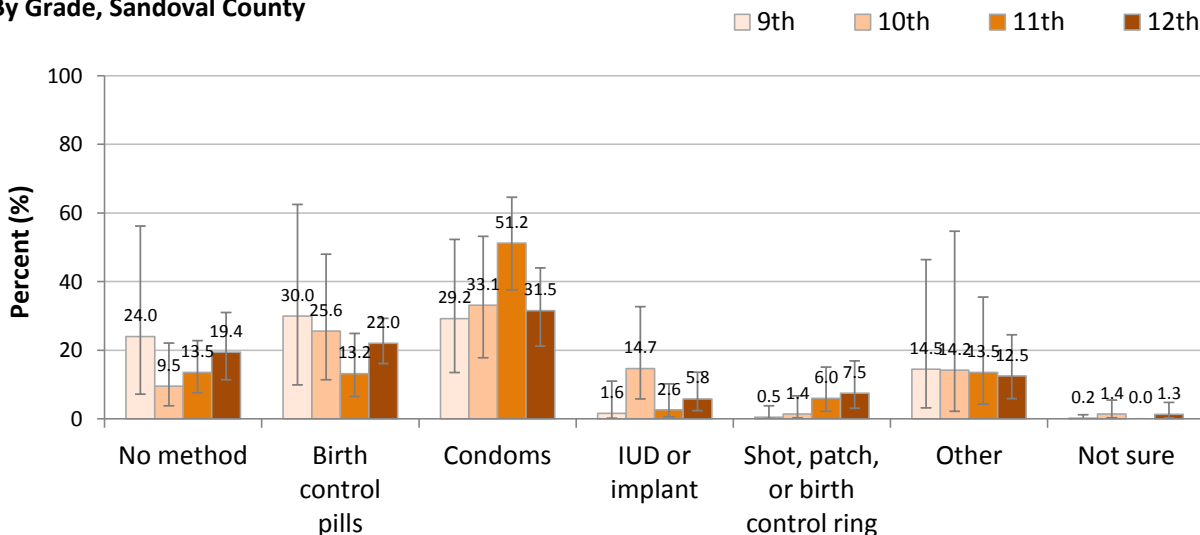
**Birth Control Methods Used among of Sexually Active Students  
New Mexico and Sandoval County  
Grades 9-12, 2013**



**By Gender, Sandoval County**

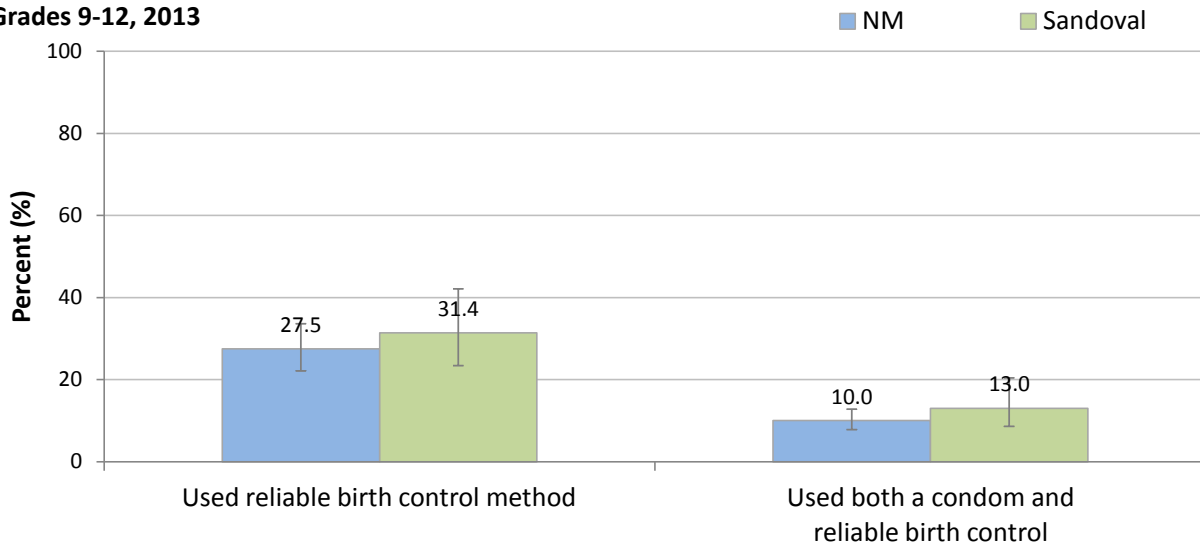


**By Grade, Sandoval County**

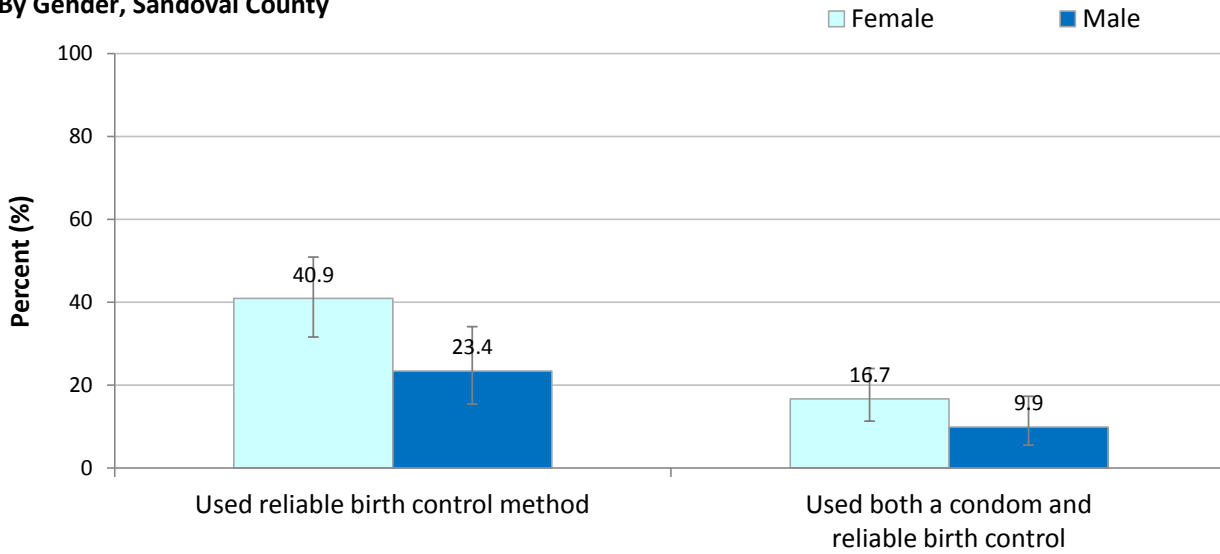




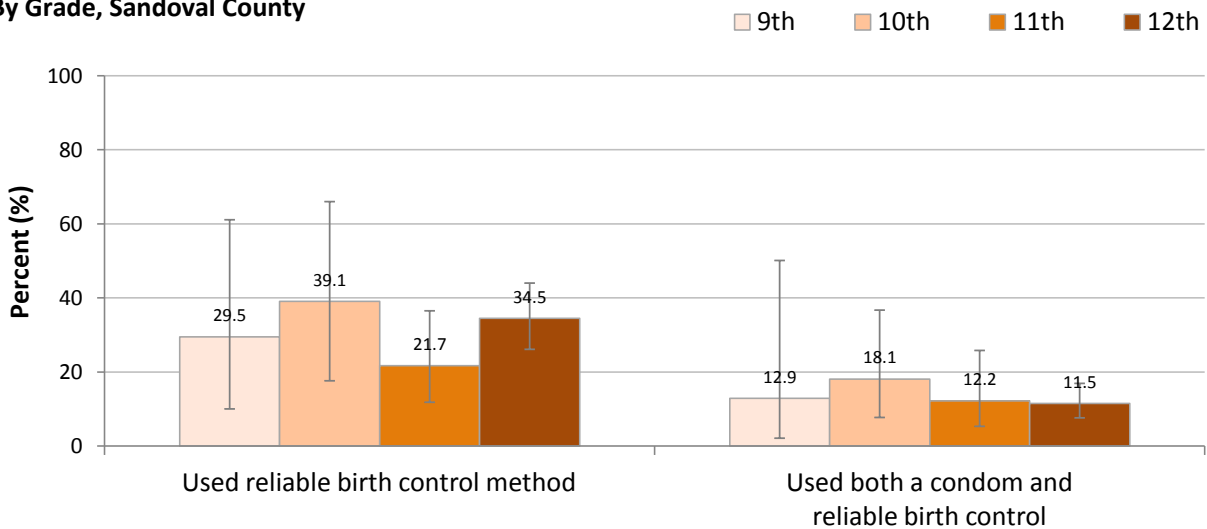
**Birth Control Methods Used among of Sexually Active Students  
New Mexico and Sandoval County  
Grades 9-12, 2013**



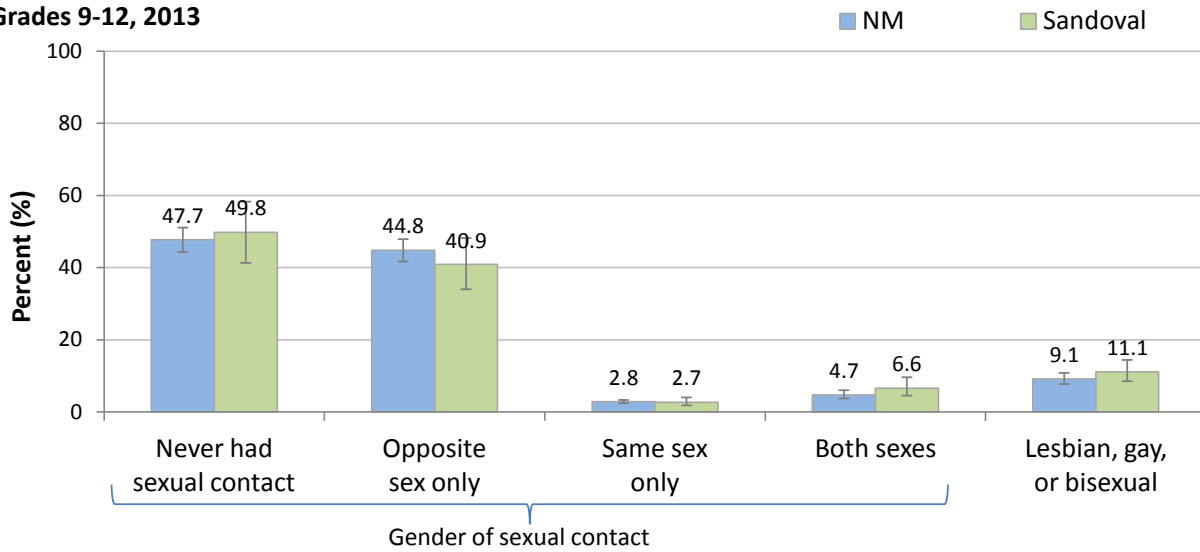
**By Gender, Sandoval County**



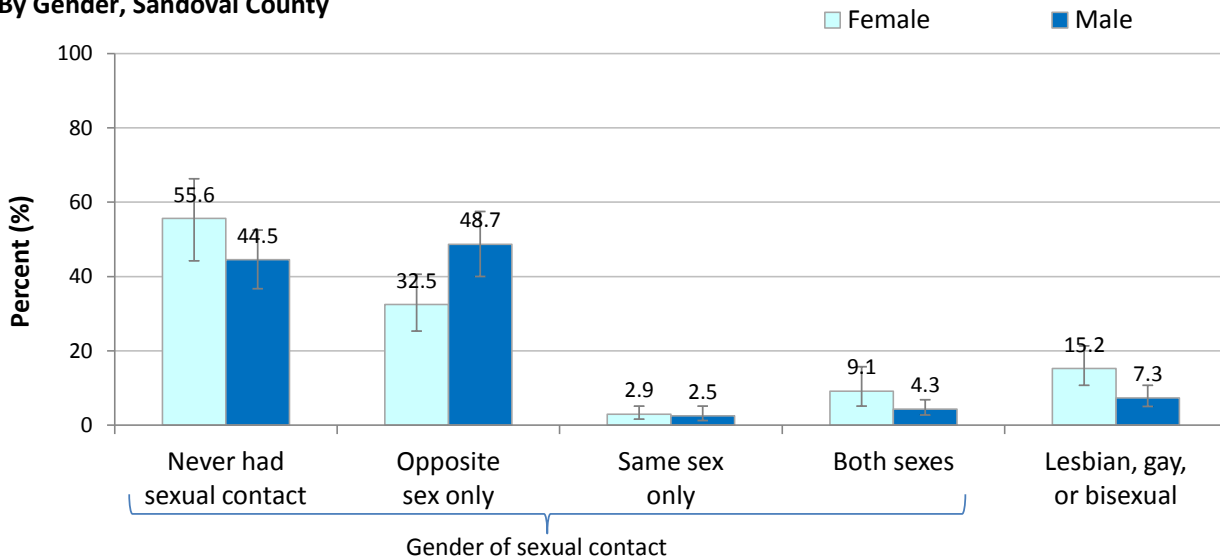
**By Grade, Sandoval County**



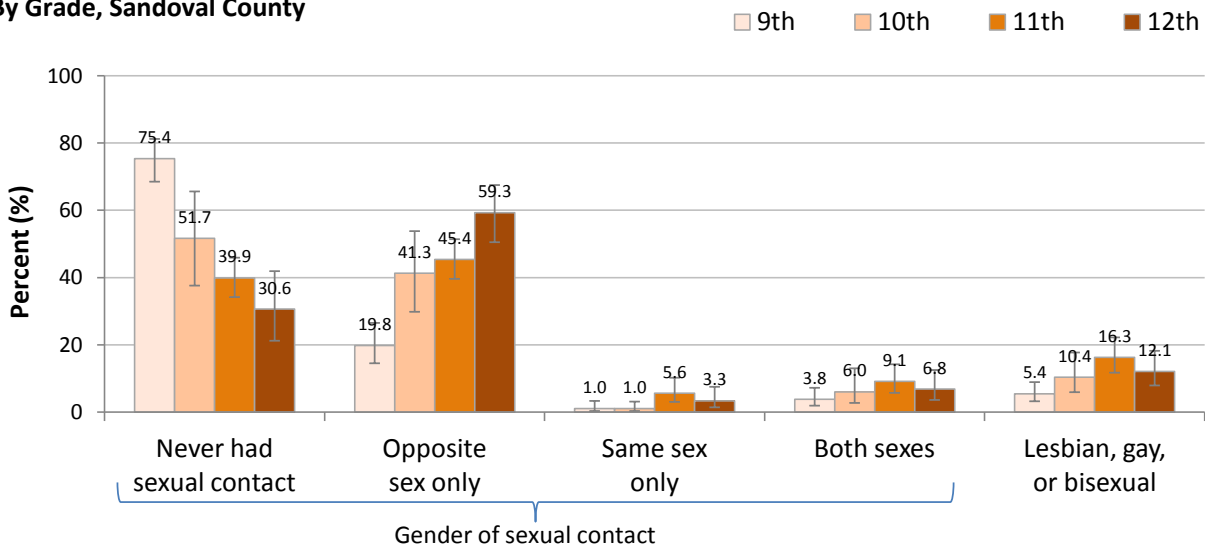
**Gender of Sexual Contact and Sexual Identity**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

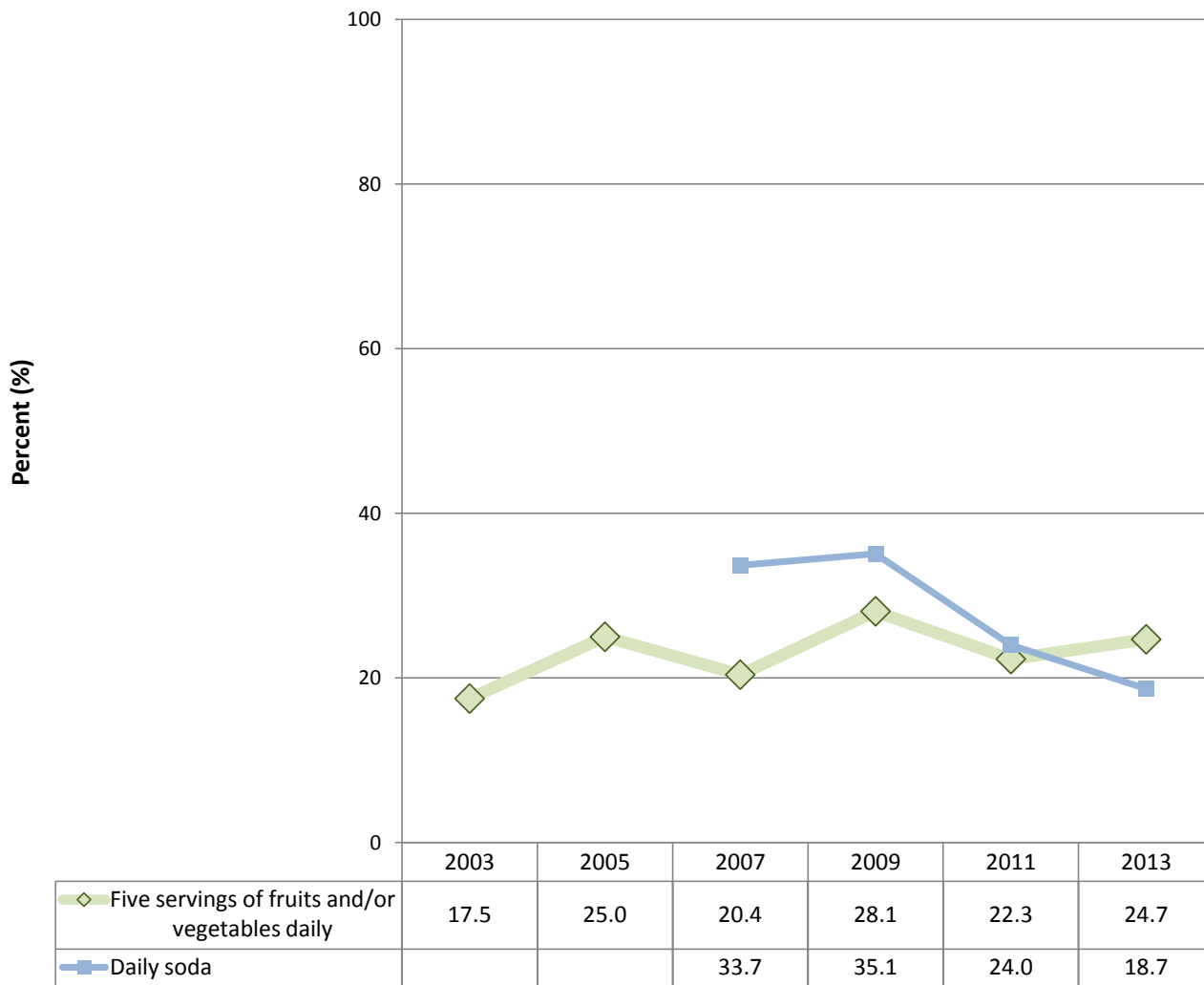


**By Grade, Sandoval County**

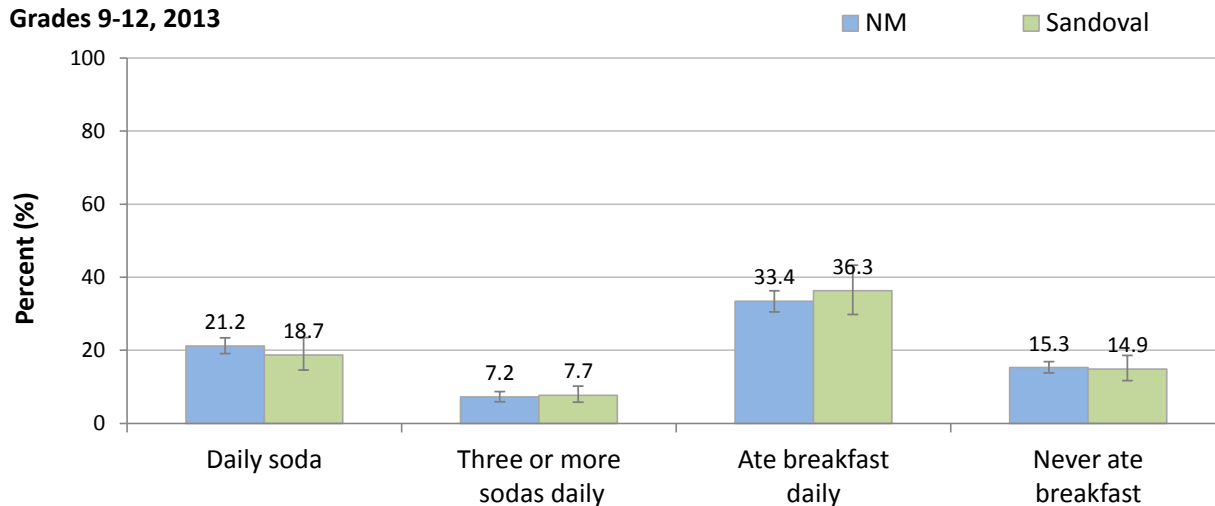


**Nutrition**

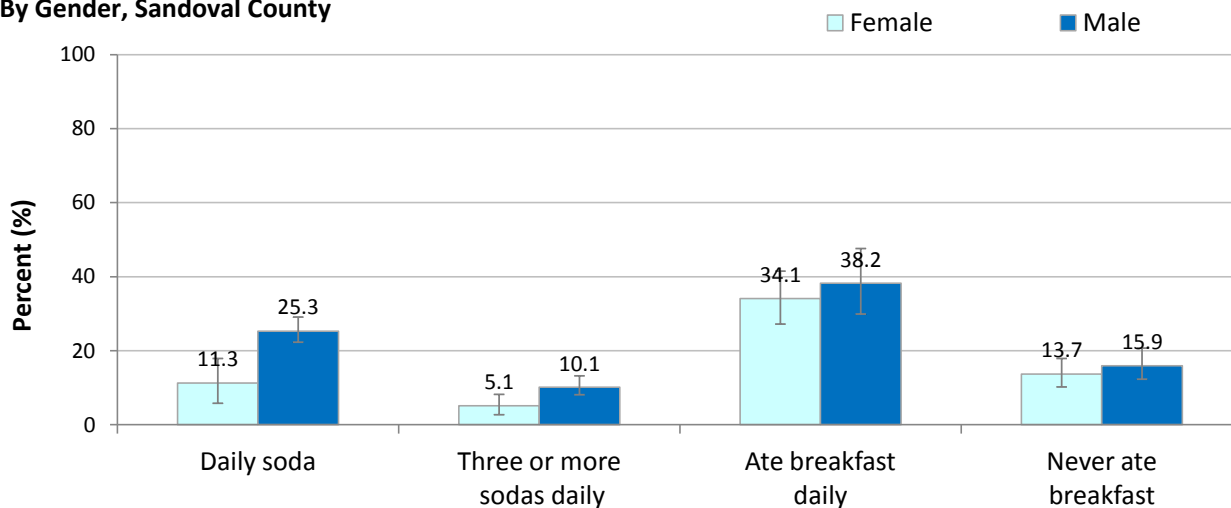
**Nutrition Indicators  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013**



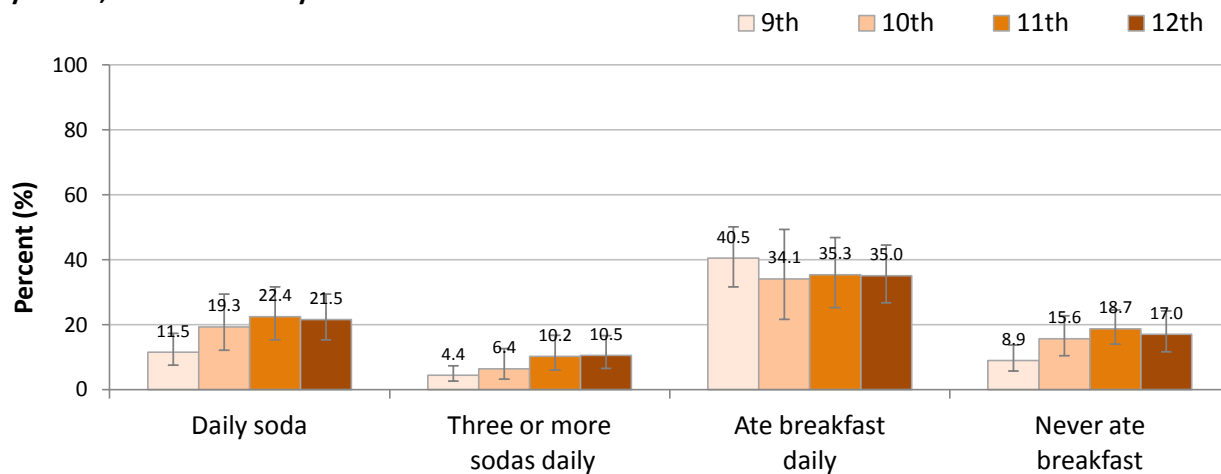
**Nutrition**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



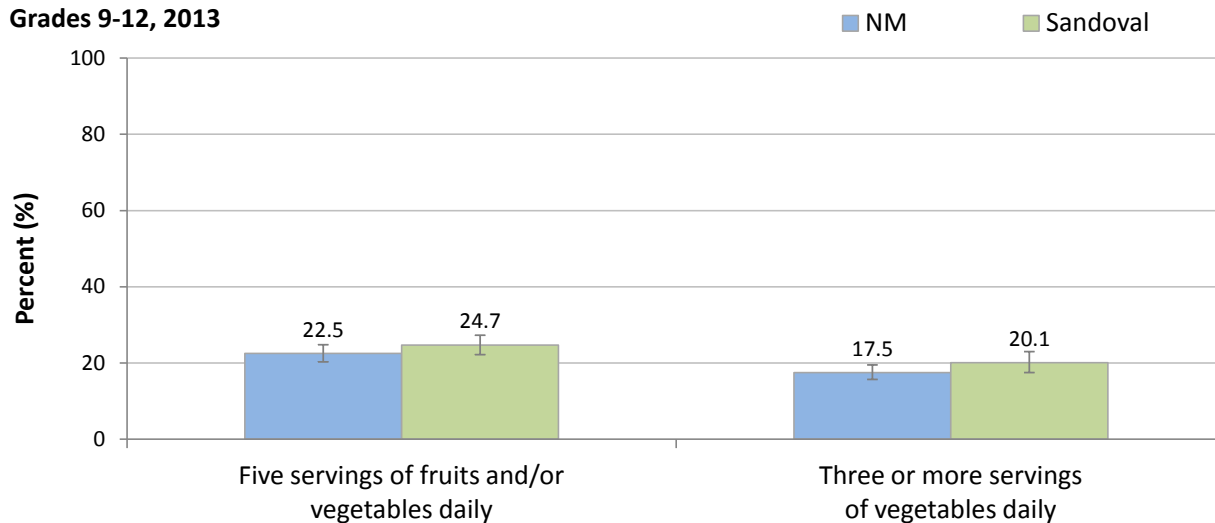
**By Gender, Sandoval County**



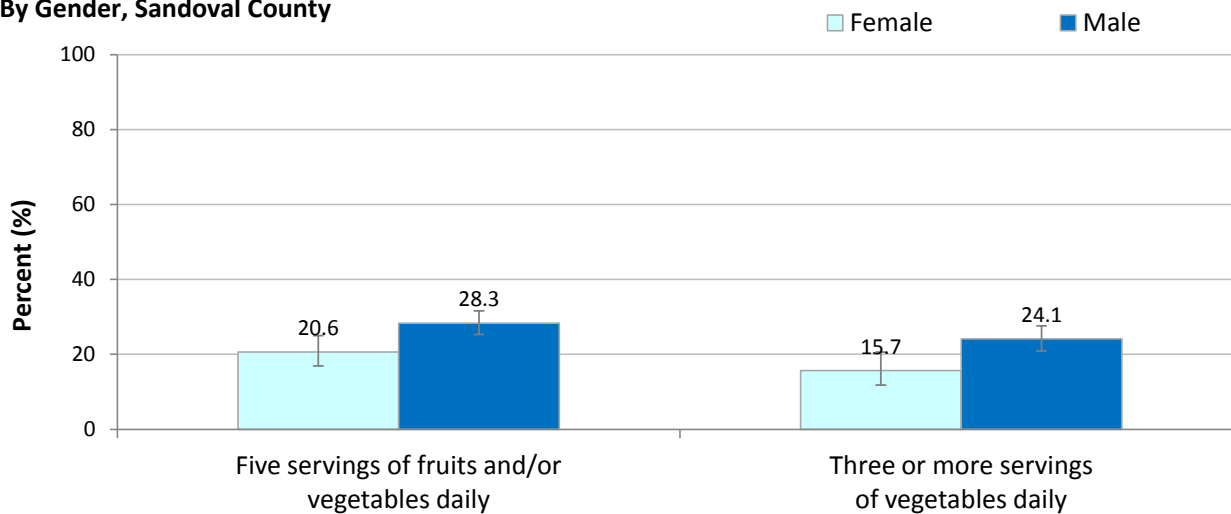
**By Grade, Sandoval County**



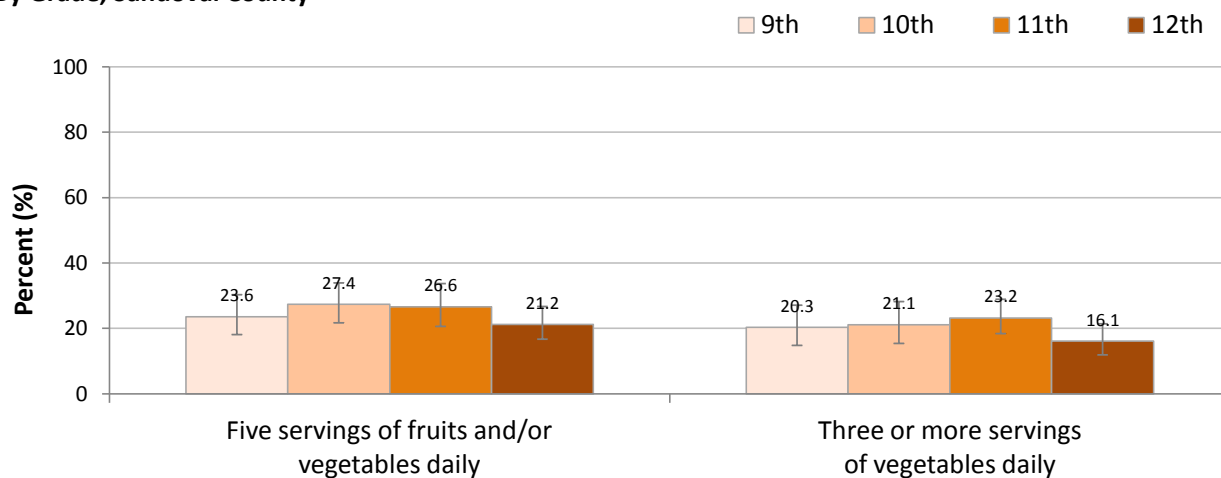
**Nutrition**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**

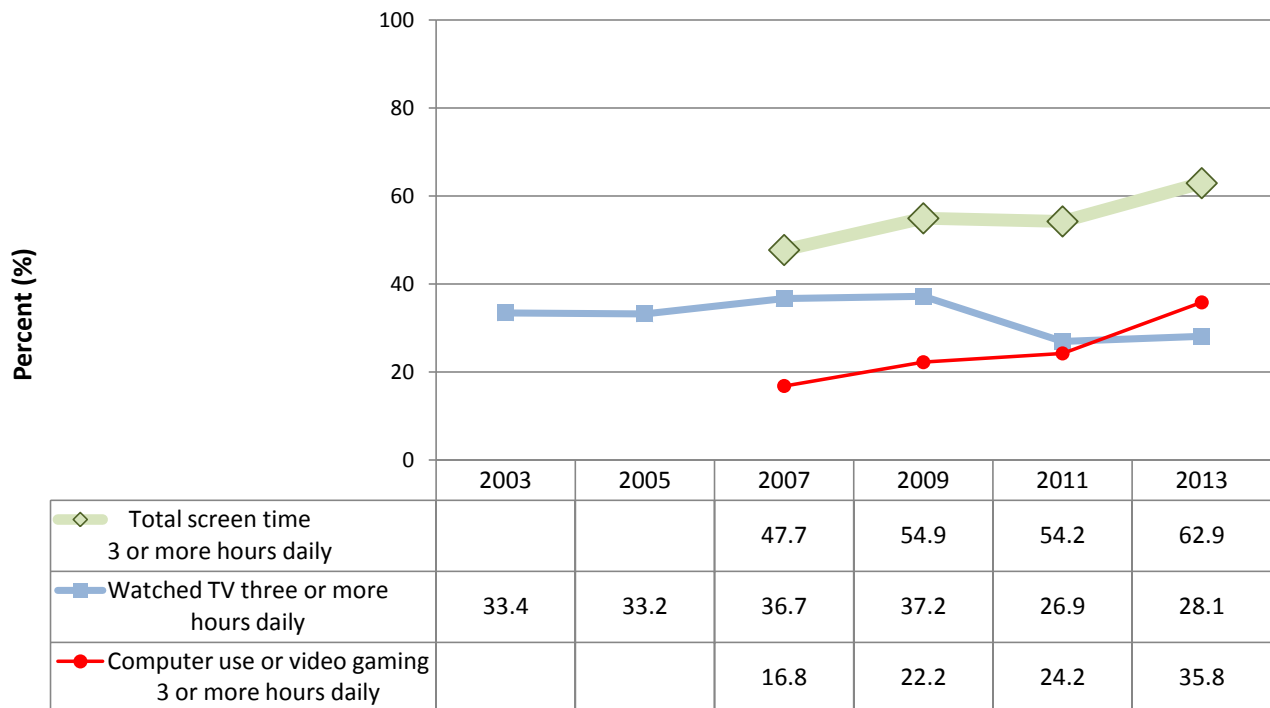
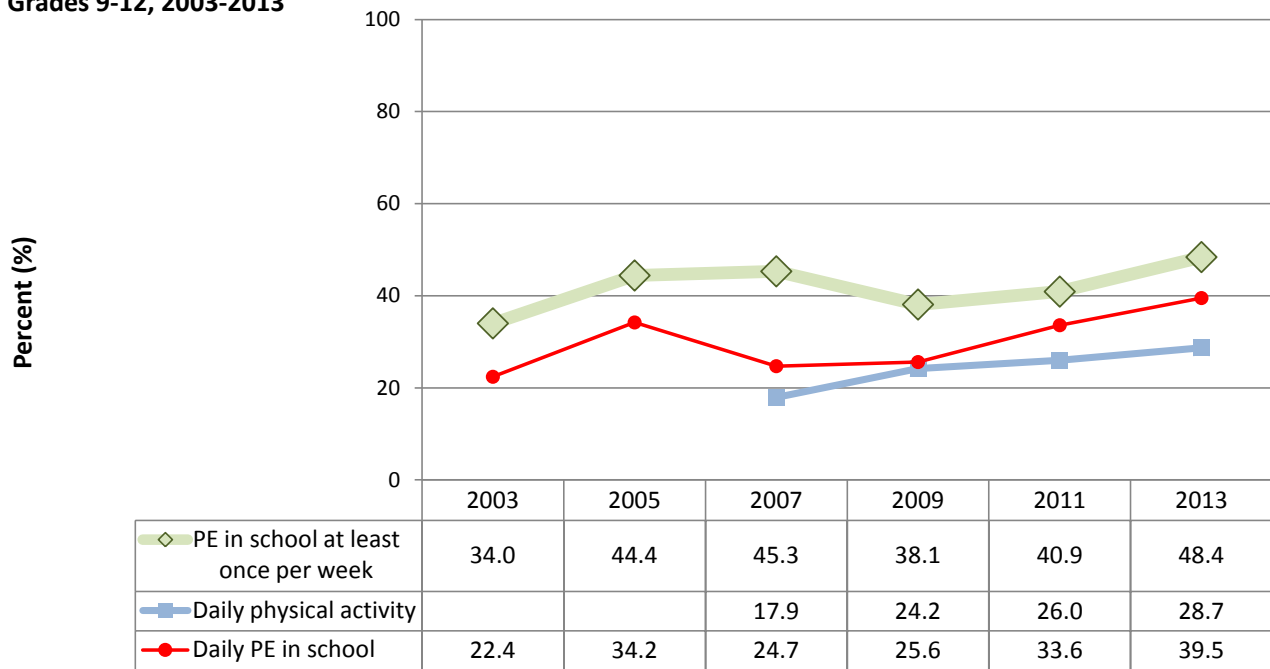


**By Grade, Sandoval County**

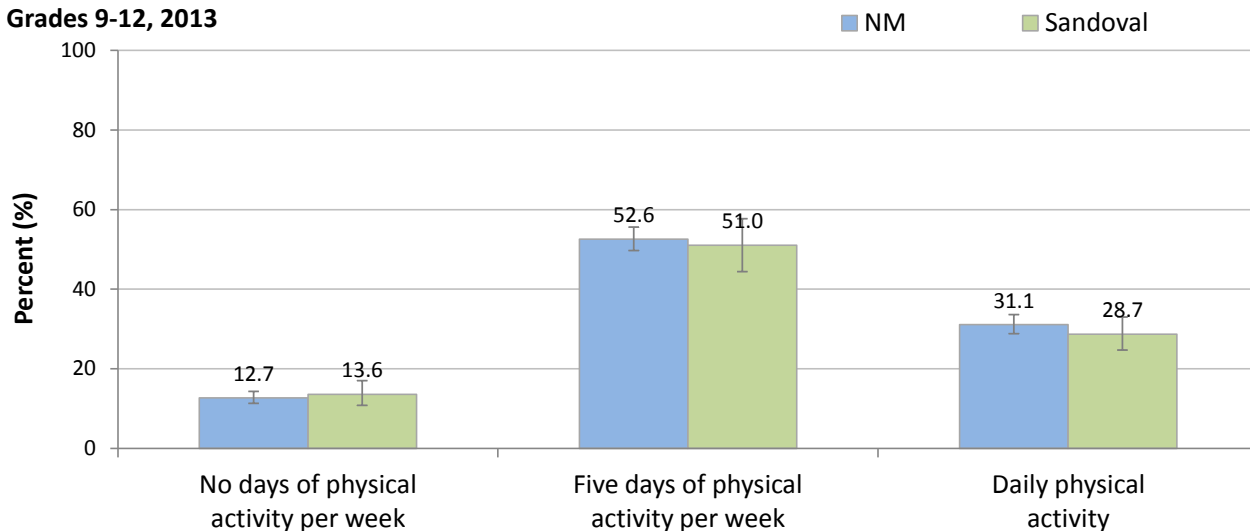


**Physical Activity**

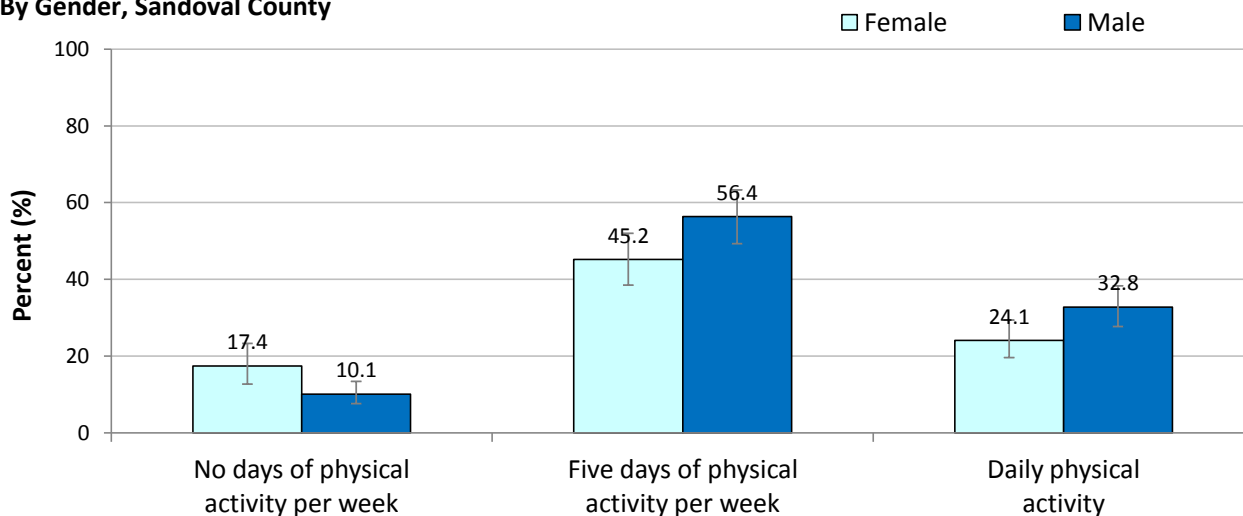
**Physical Activity Indicators  
by Year, Sandoval County  
Grades 9-12, 2003-2013**



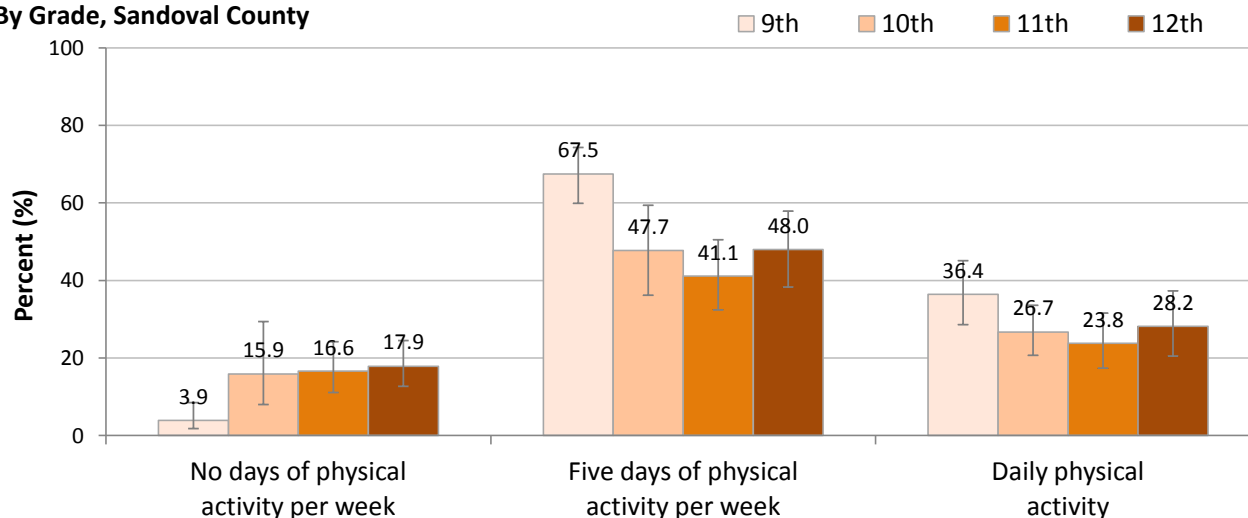
**Physical Activity**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



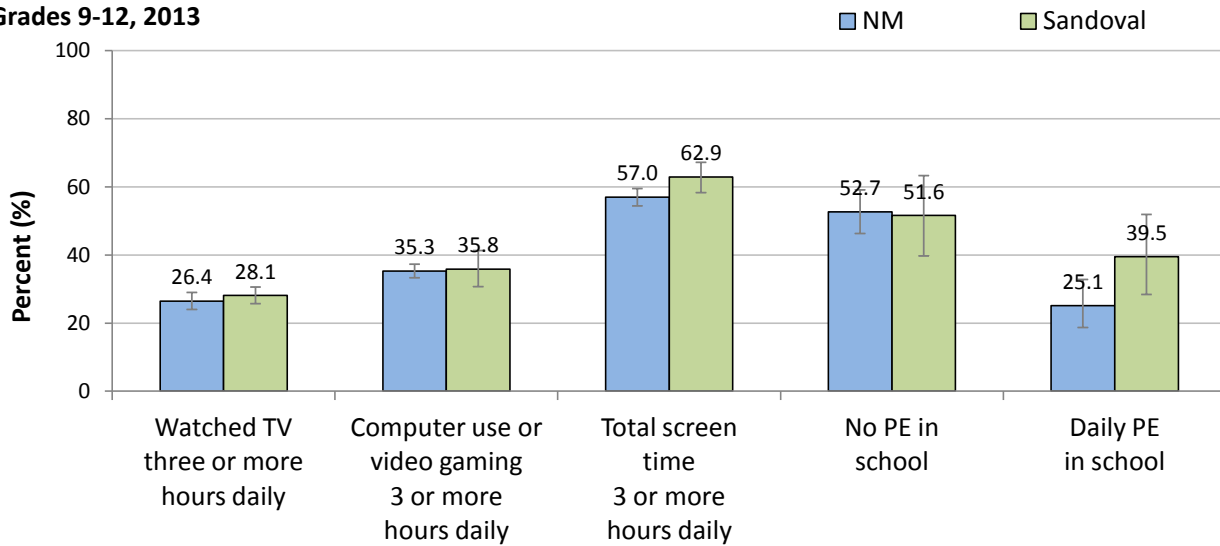
**By Gender, Sandoval County**



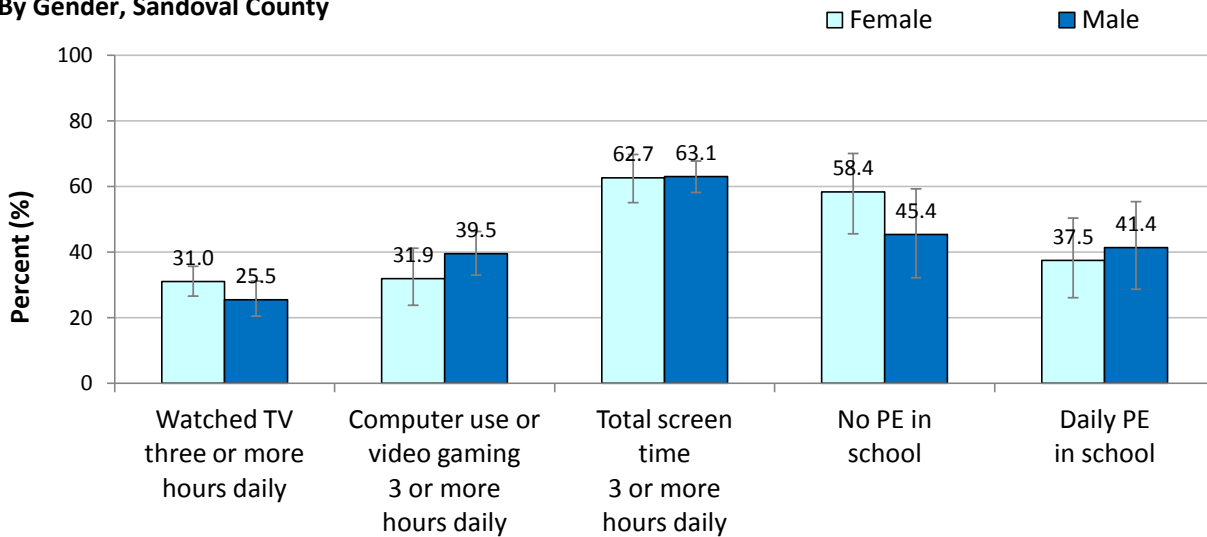
**By Grade, Sandoval County**



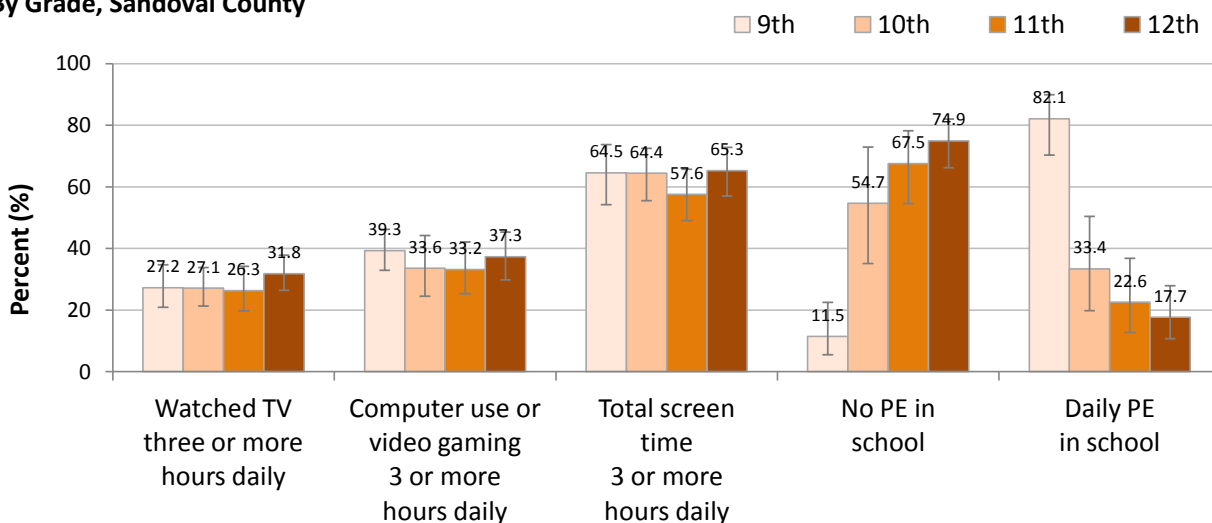
**Physical Activity**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**



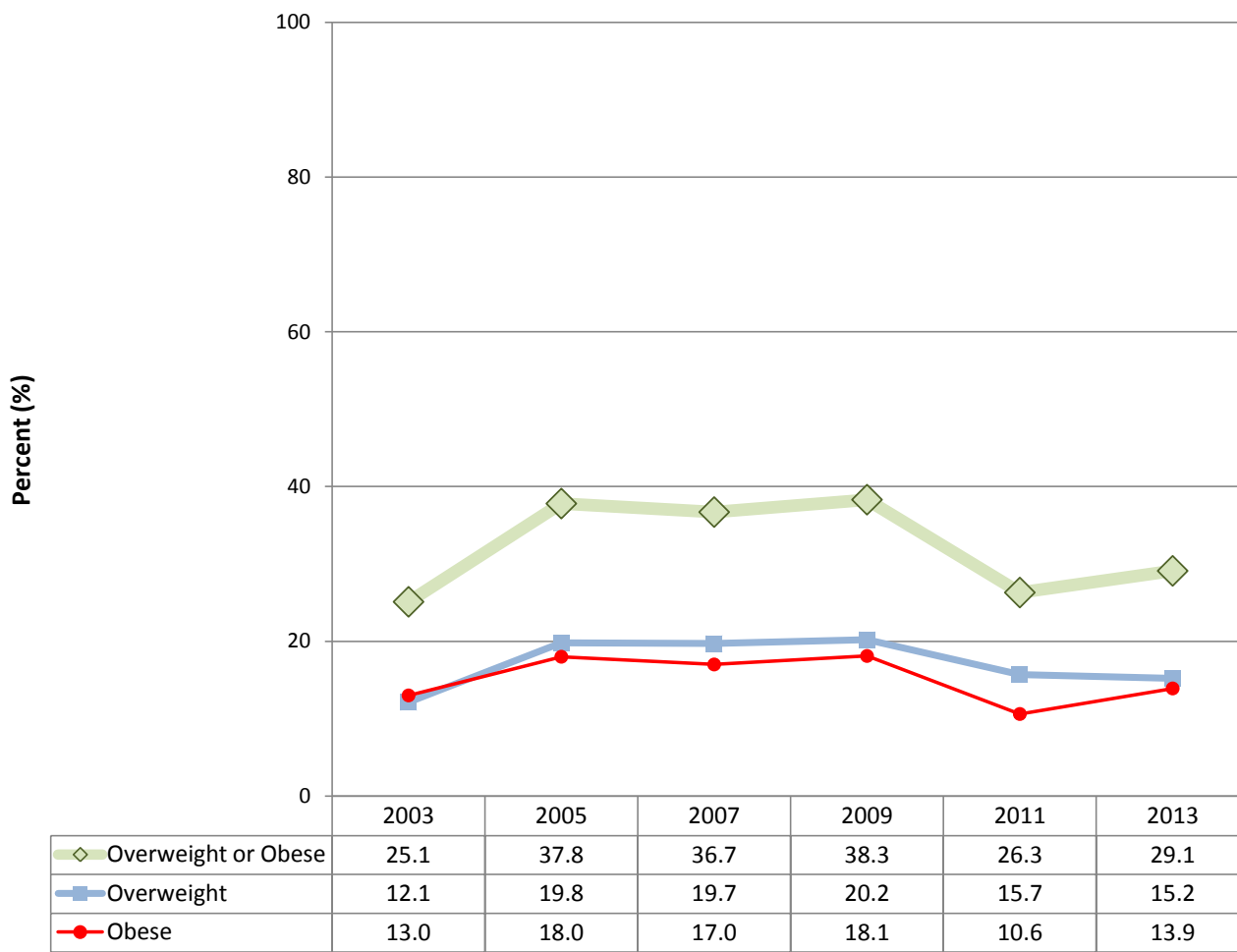
**By Grade, Sandoval County**



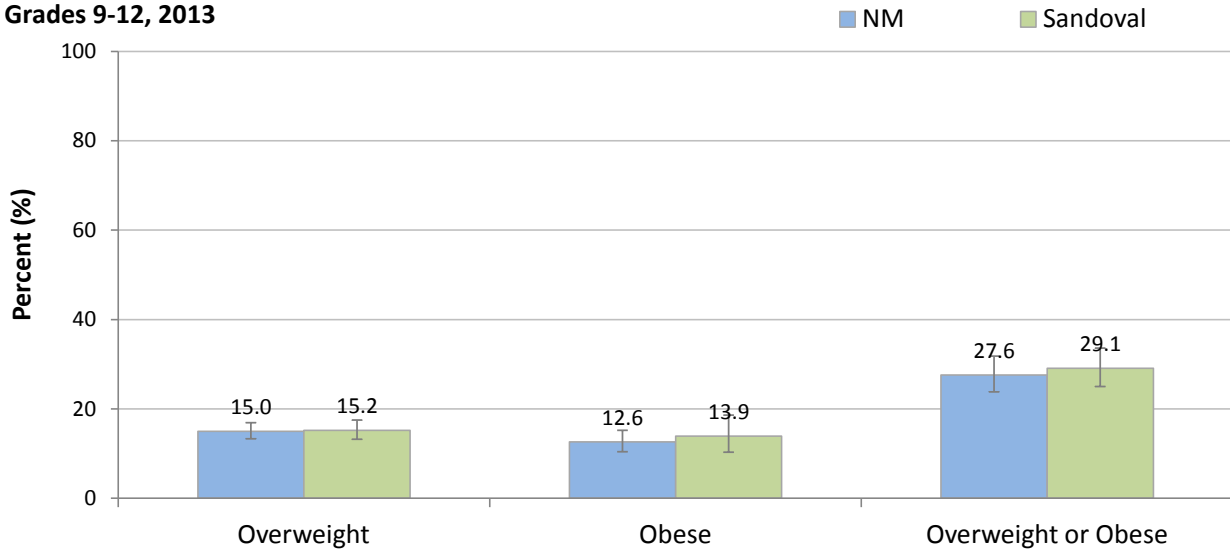


**Body Weight**

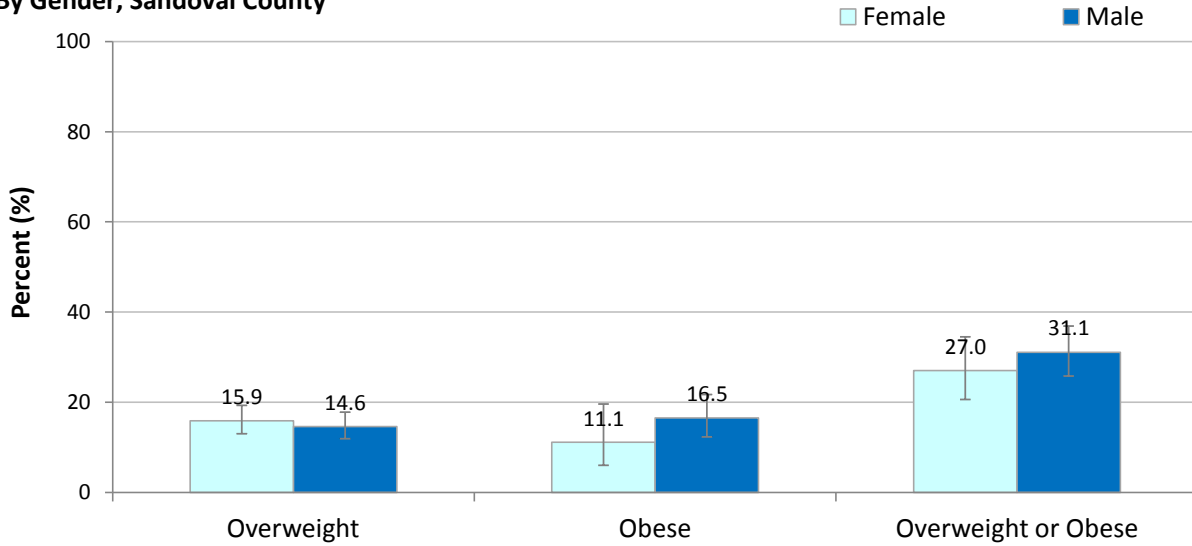
**Body Weight  
 by Year, Sandoval County  
 Grades 9-12, 2003-2013**



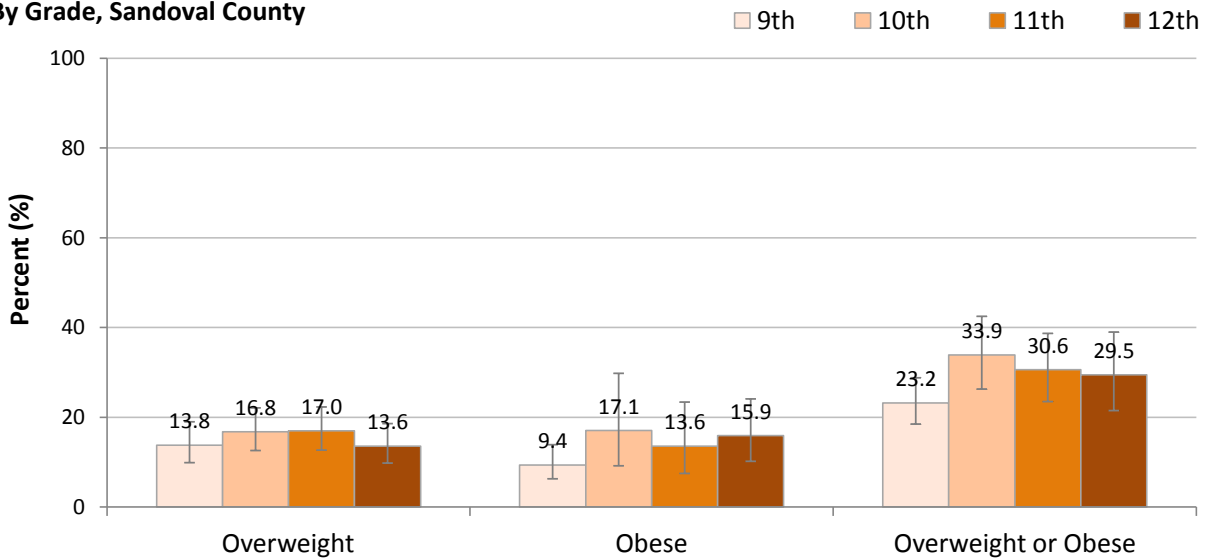
**Body Weight**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



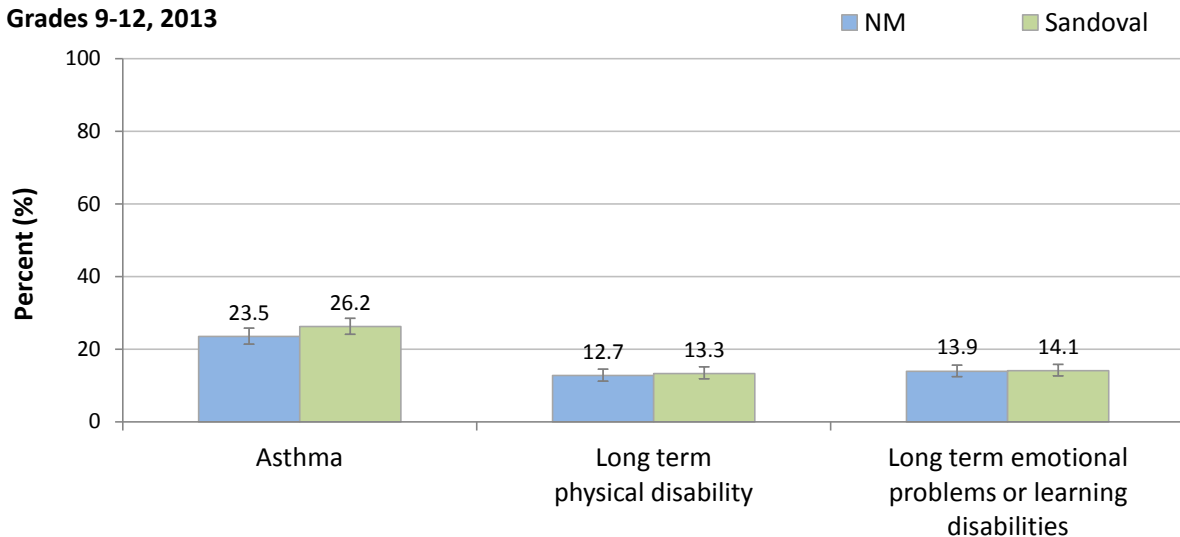
**By Gender, Sandoval County**



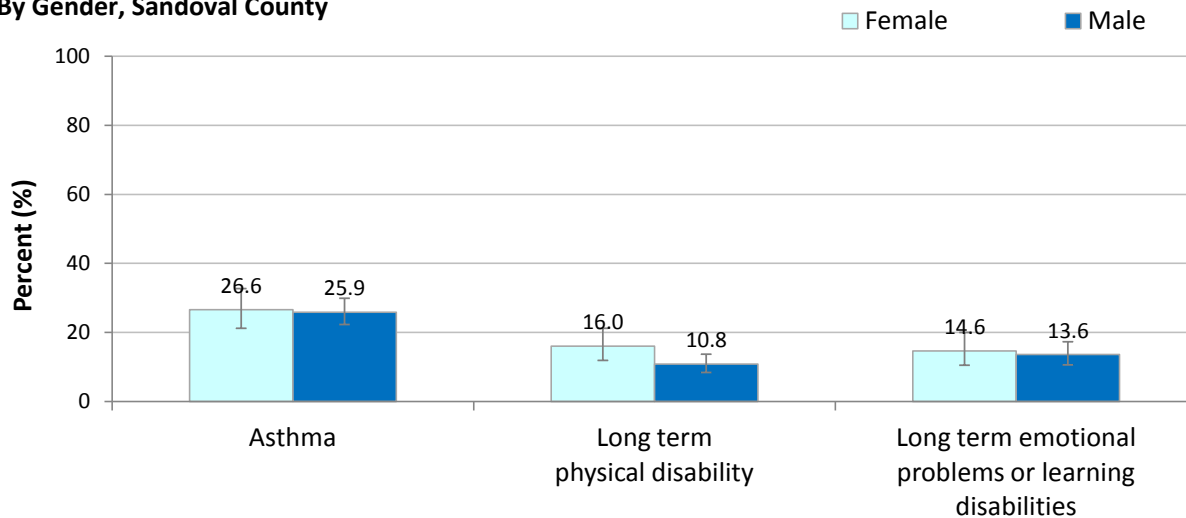
**By Grade, Sandoval County**



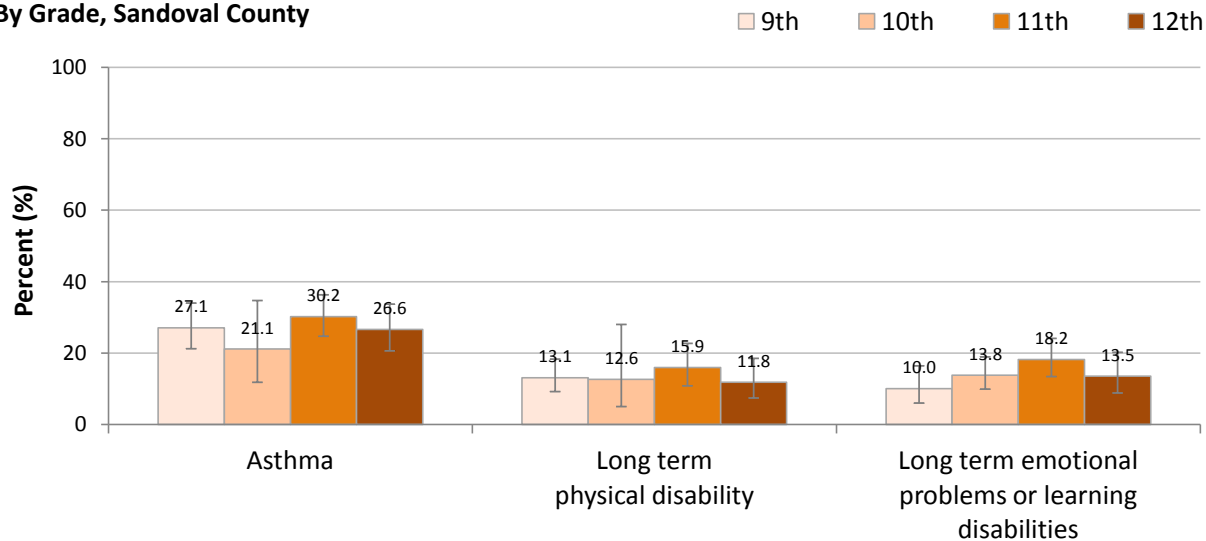
**Other Behaviors and Characteristics**  
**New Mexico and Sandoval County**  
**Grades 9-12, 2013**



**By Gender, Sandoval County**



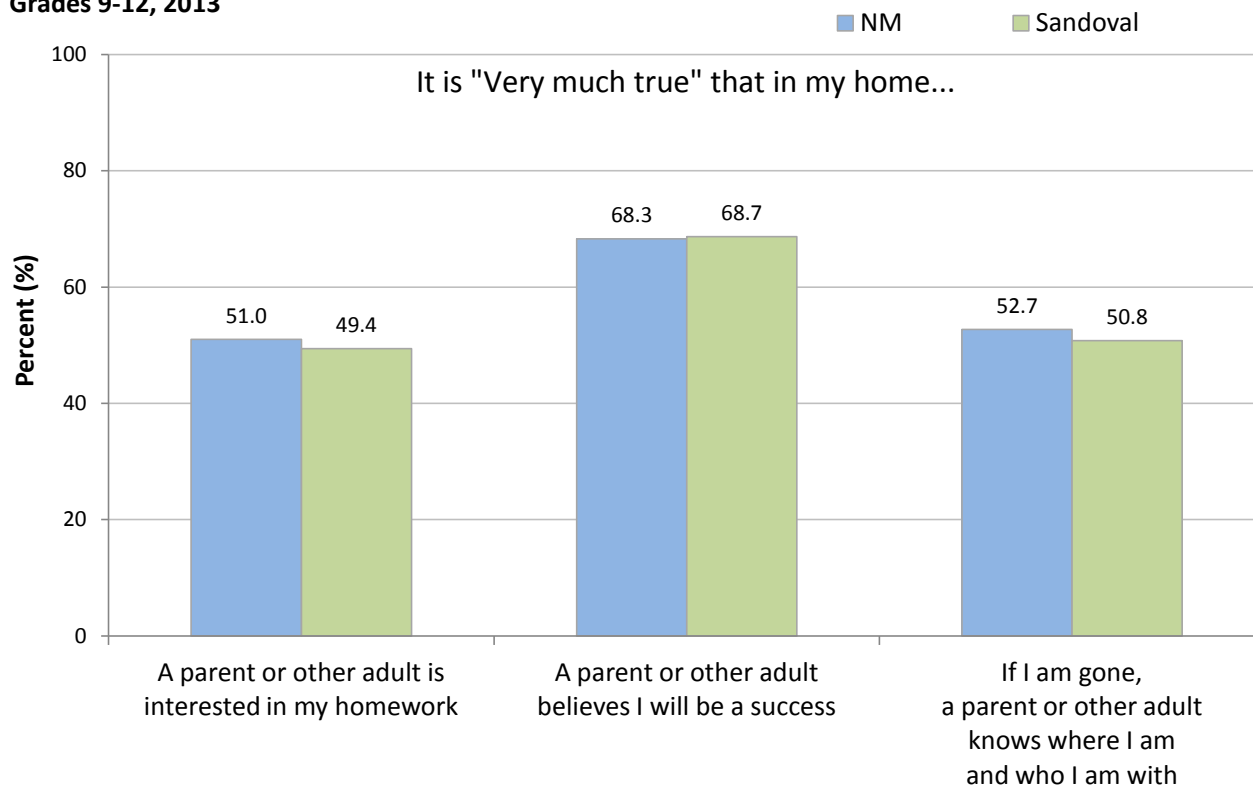
**By Grade, Sandoval County**



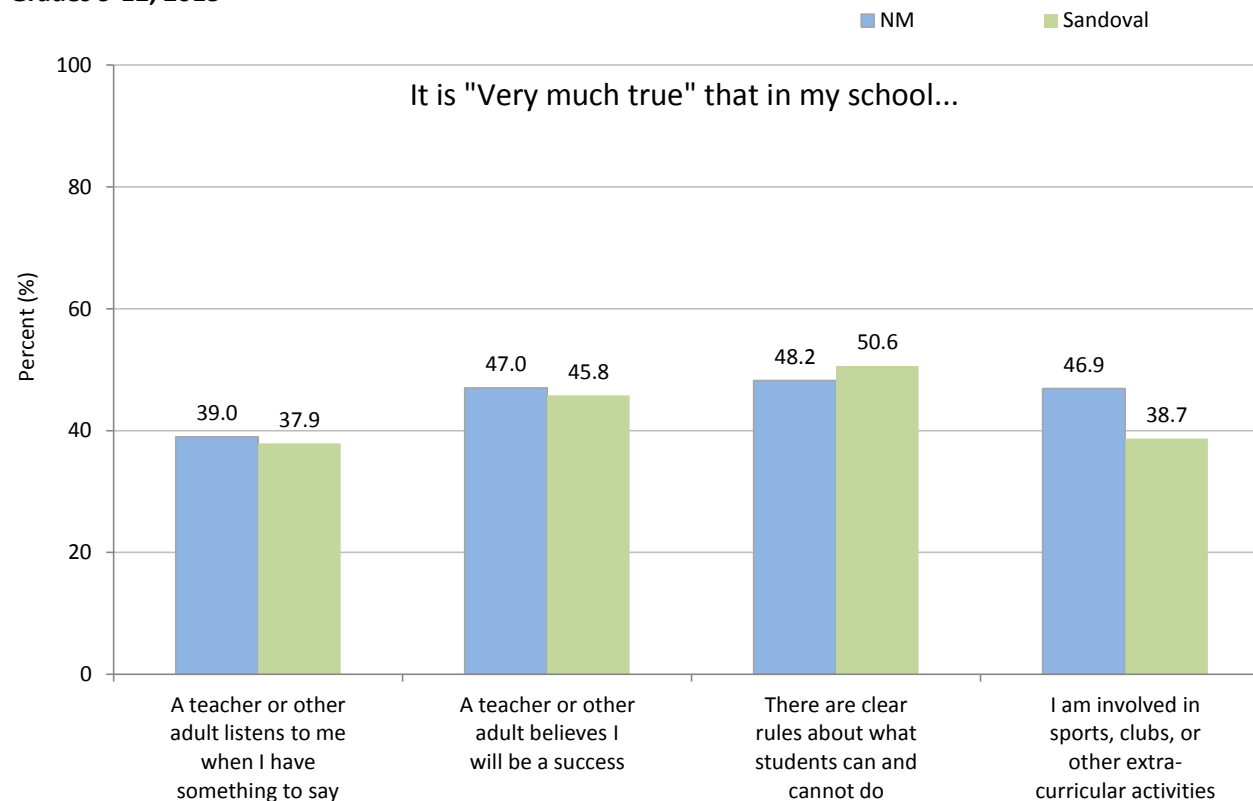


## Resiliency/Protective Factors

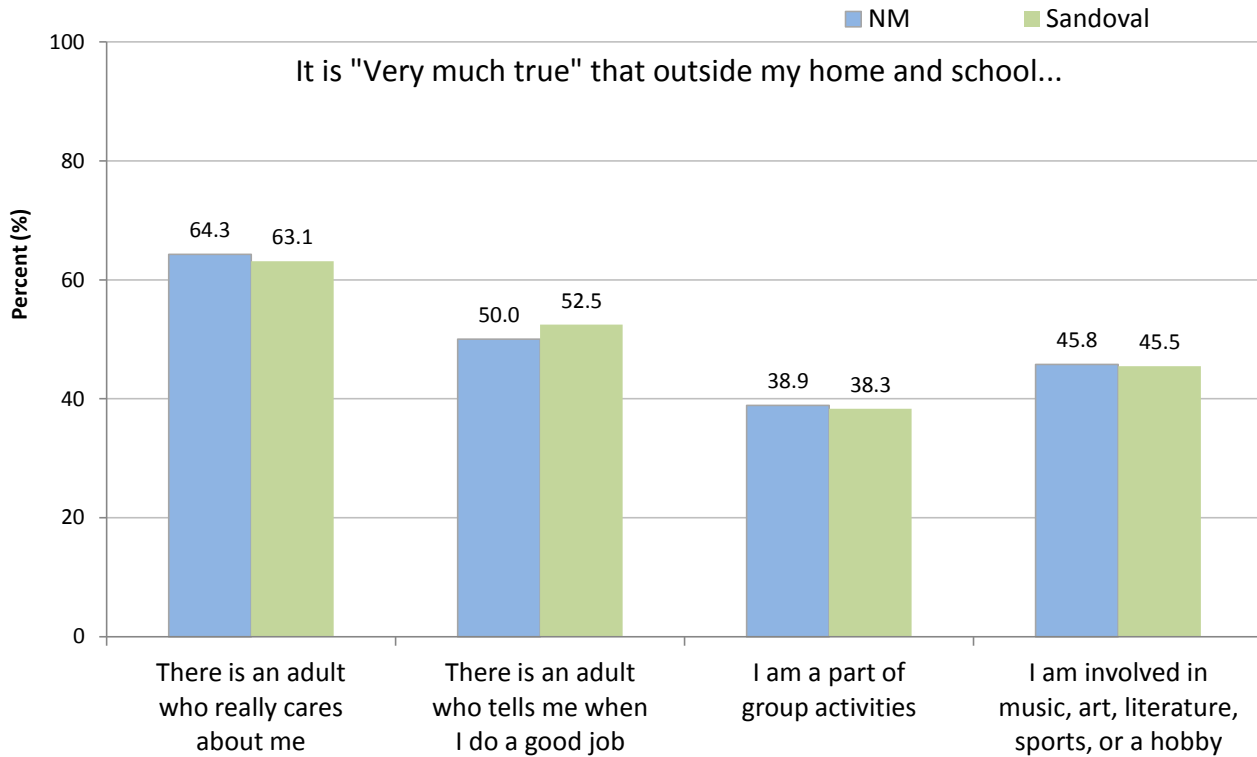
**New Mexico and Sandoval County  
Grades 9-12, 2013**



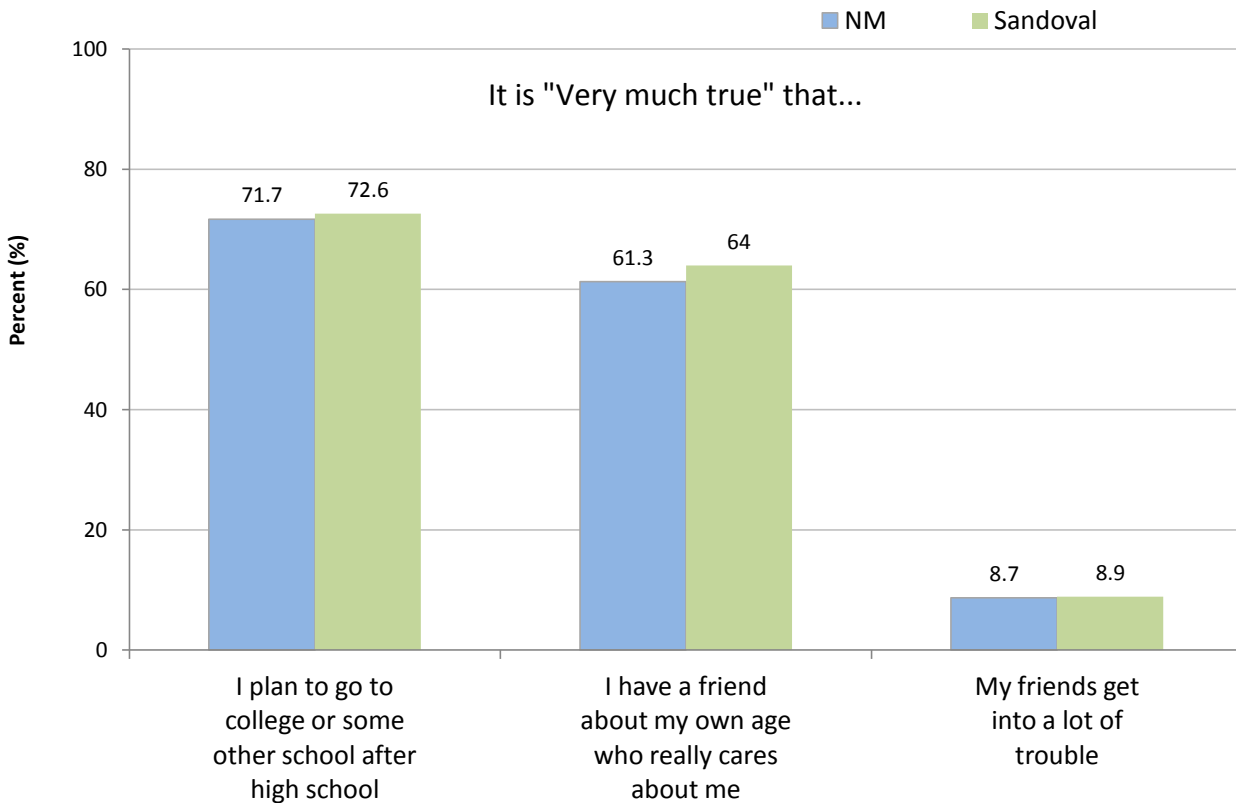
**Grades 9-12, 2013**



**New Mexico and Sandoval County  
 Grades 9-12, 2013**



**Grades 9-12, 2013**

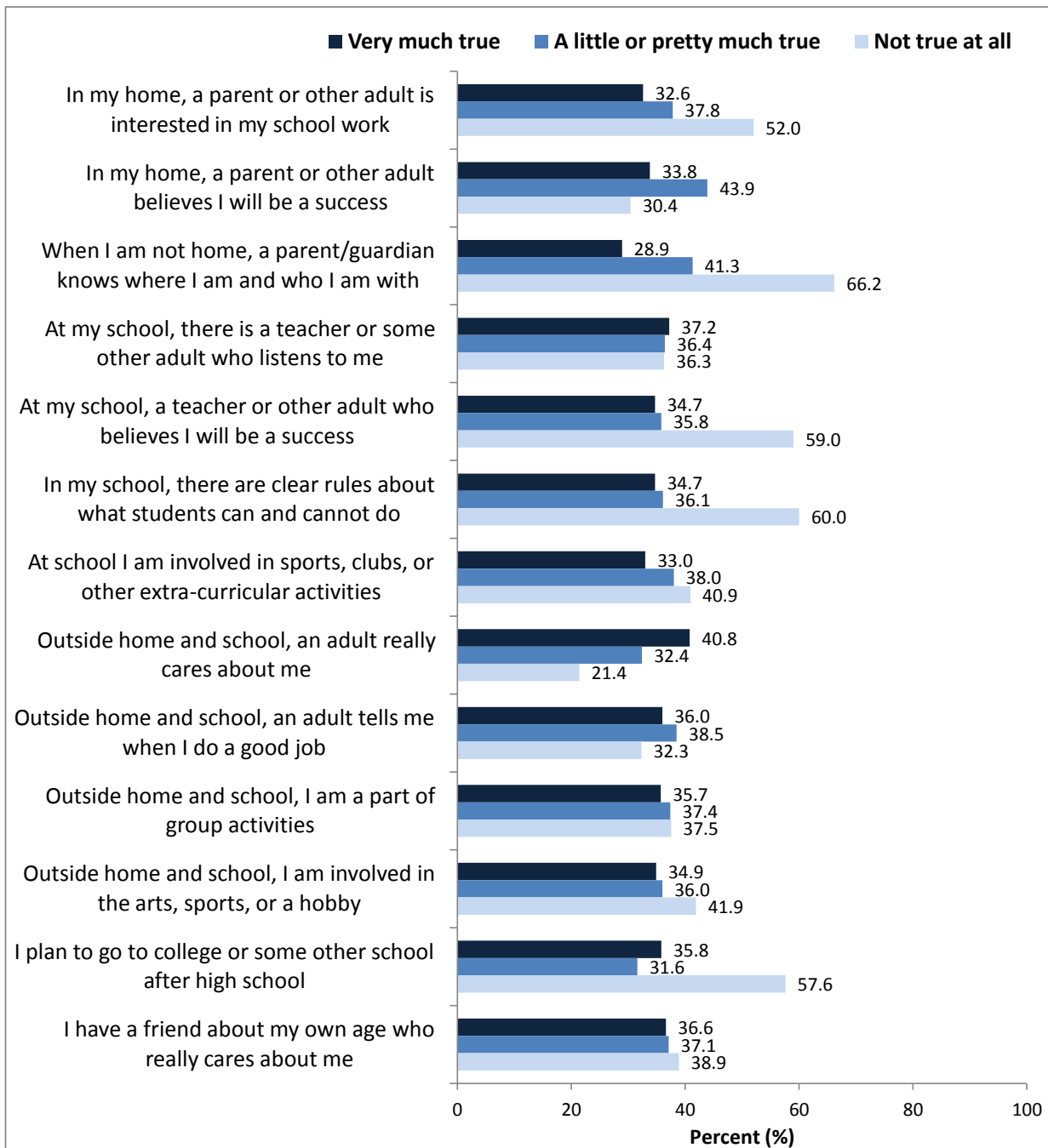






## Relationship Between Selected Risk Behaviors and Resiliency/Protective Factors

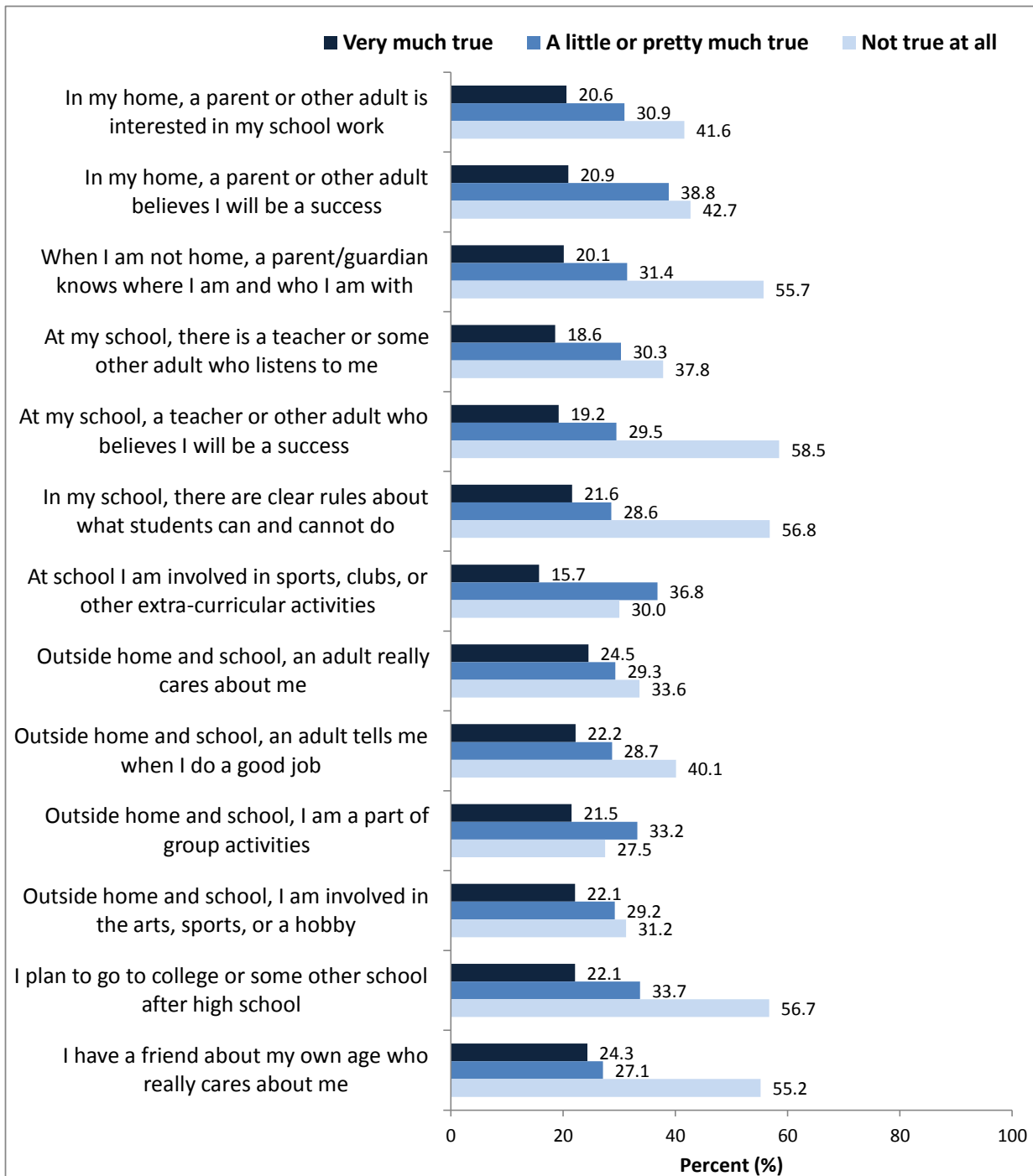
**Texted or e-mailed while driving  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 32.6% texted or e-mailed while driving.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 37.8% texted or e-mailed while driving.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 52.0% texted or e-mailed while driving.

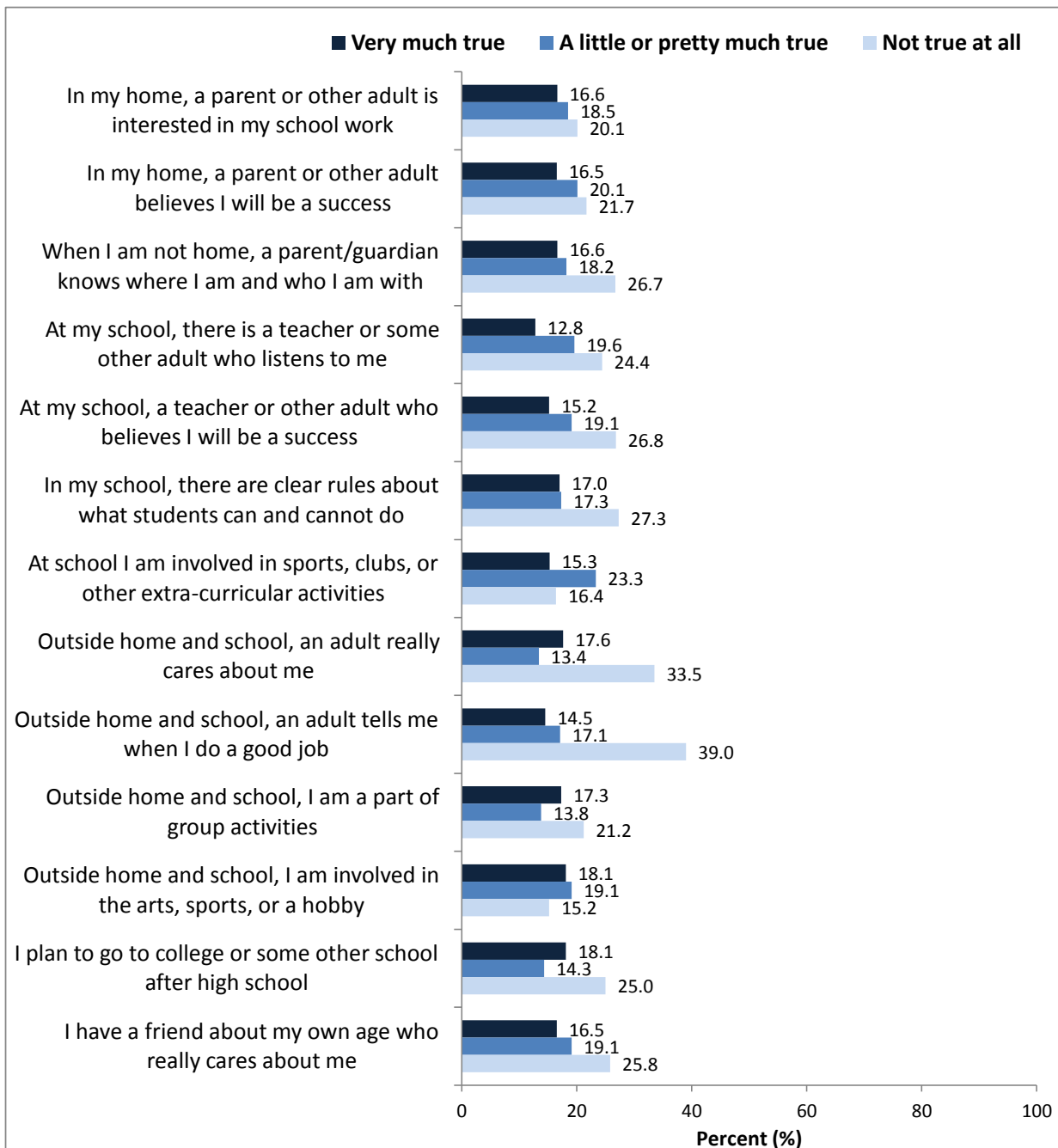
**Physical fighting  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 20.6% were in a physical fight.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 30.9% were in a physical fight.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 41.6% were in a physical fight.

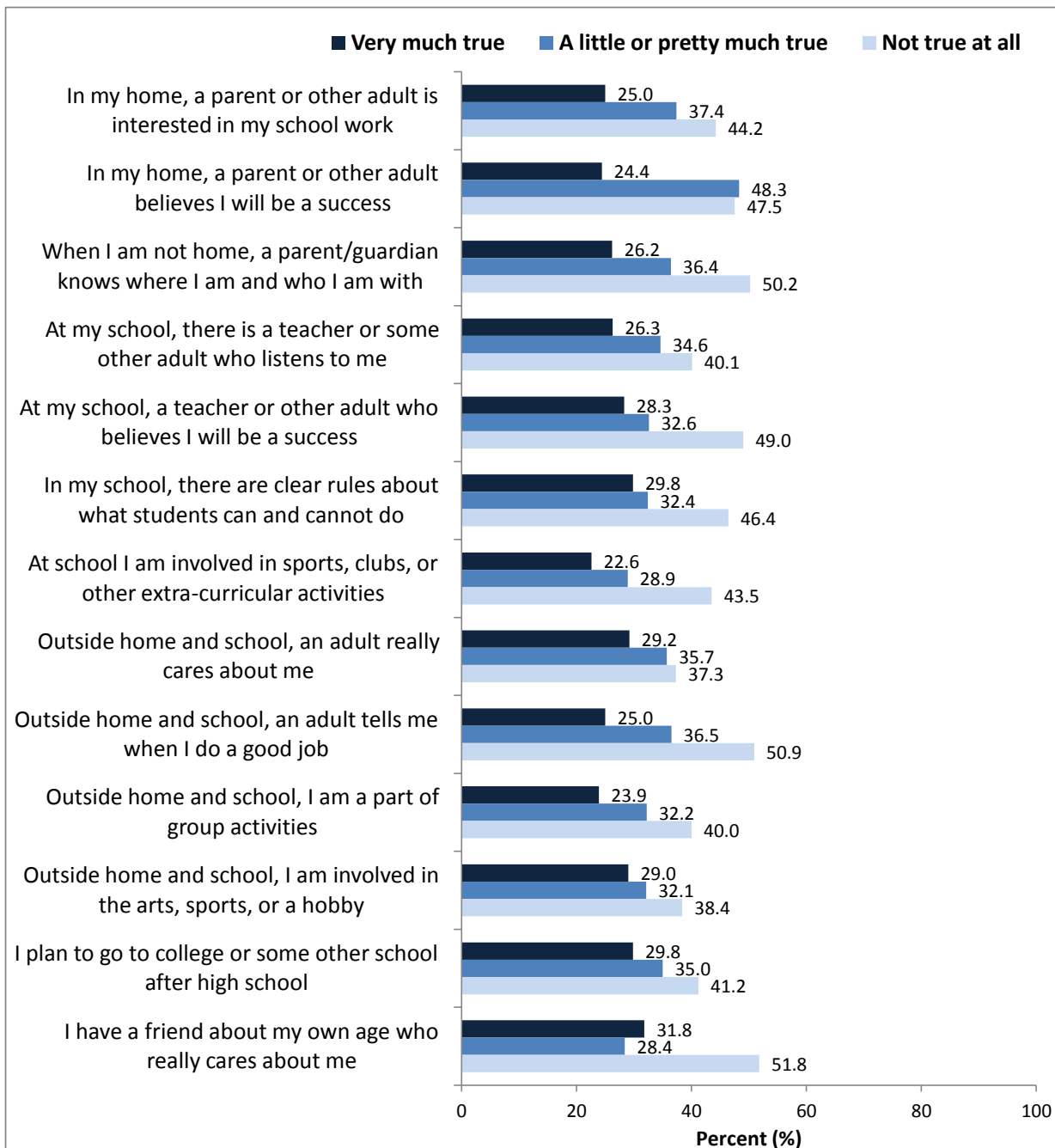
**Bullied at school  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 16.6% were bullied at school.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 18.5% were bullied at school.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 20.1% were bullied at school.

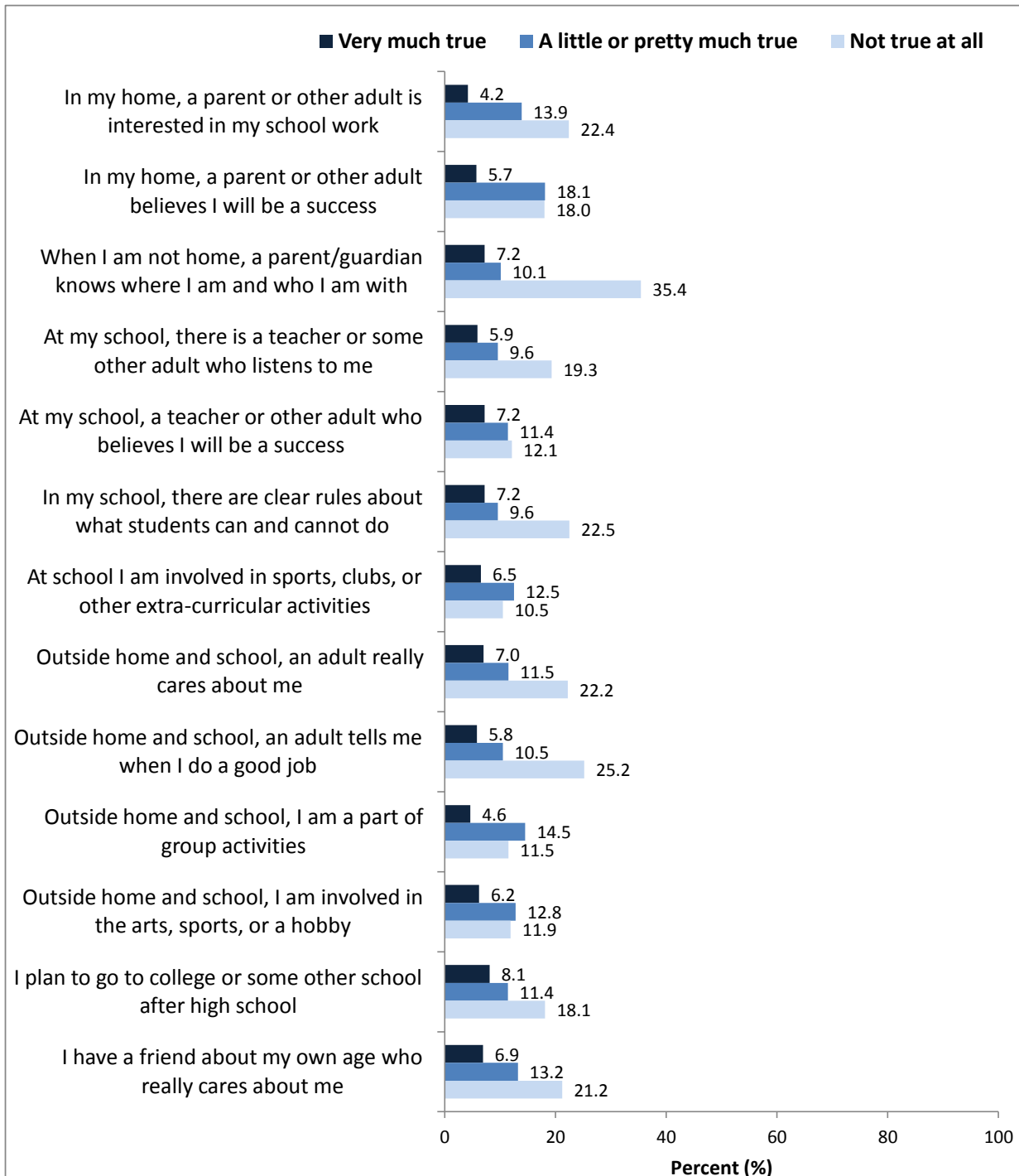
**Feelings of sadness or hopelessness  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 25.0% felt sadness or hopelessness.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 37.4% felt sadness or hopelessness.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 44.2% felt sadness or hopelessness.

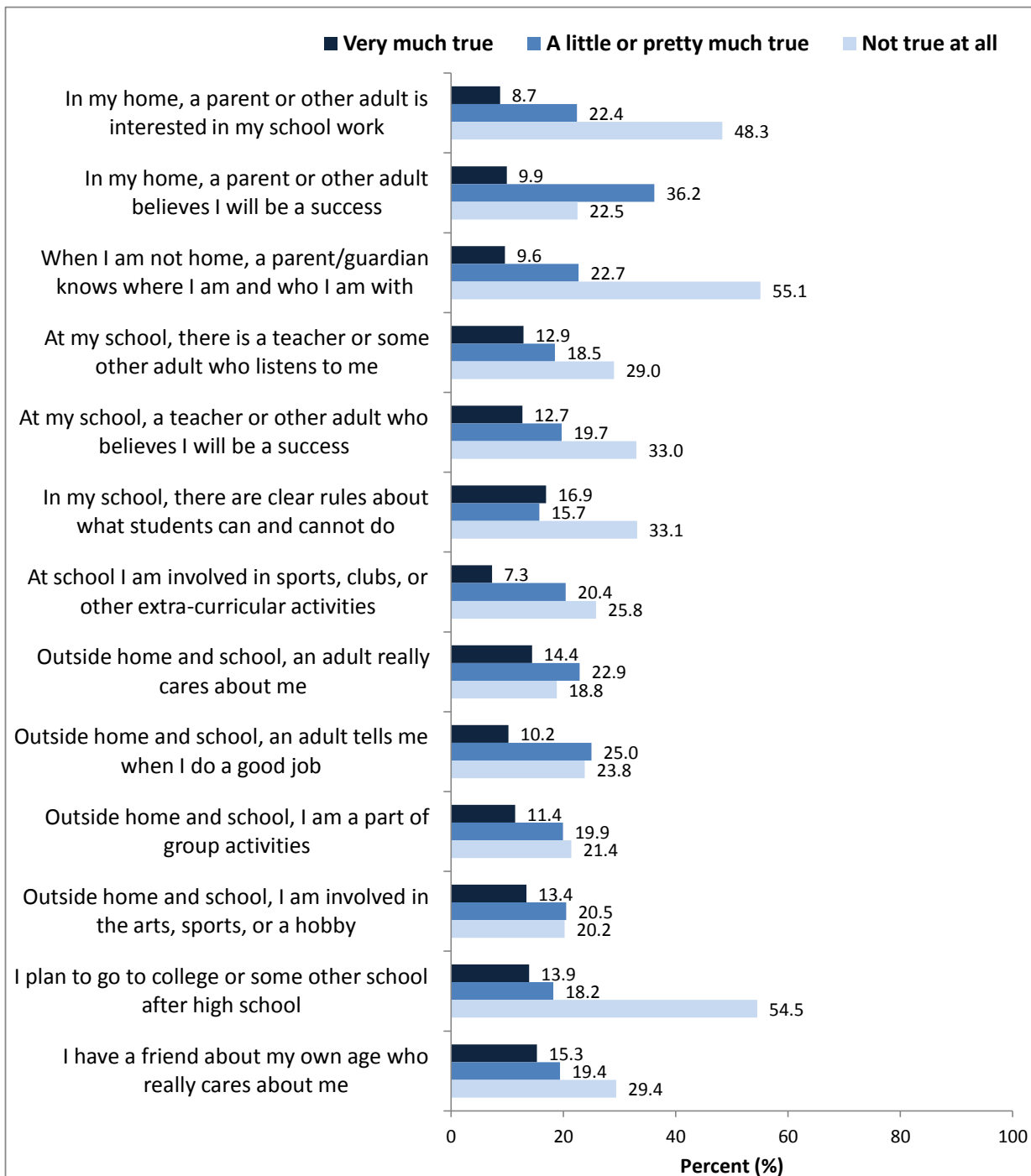
**Suicide attempts  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 4.2% attempted suicide.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 13.9% attempted suicide.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 22.4% attempted suicide.

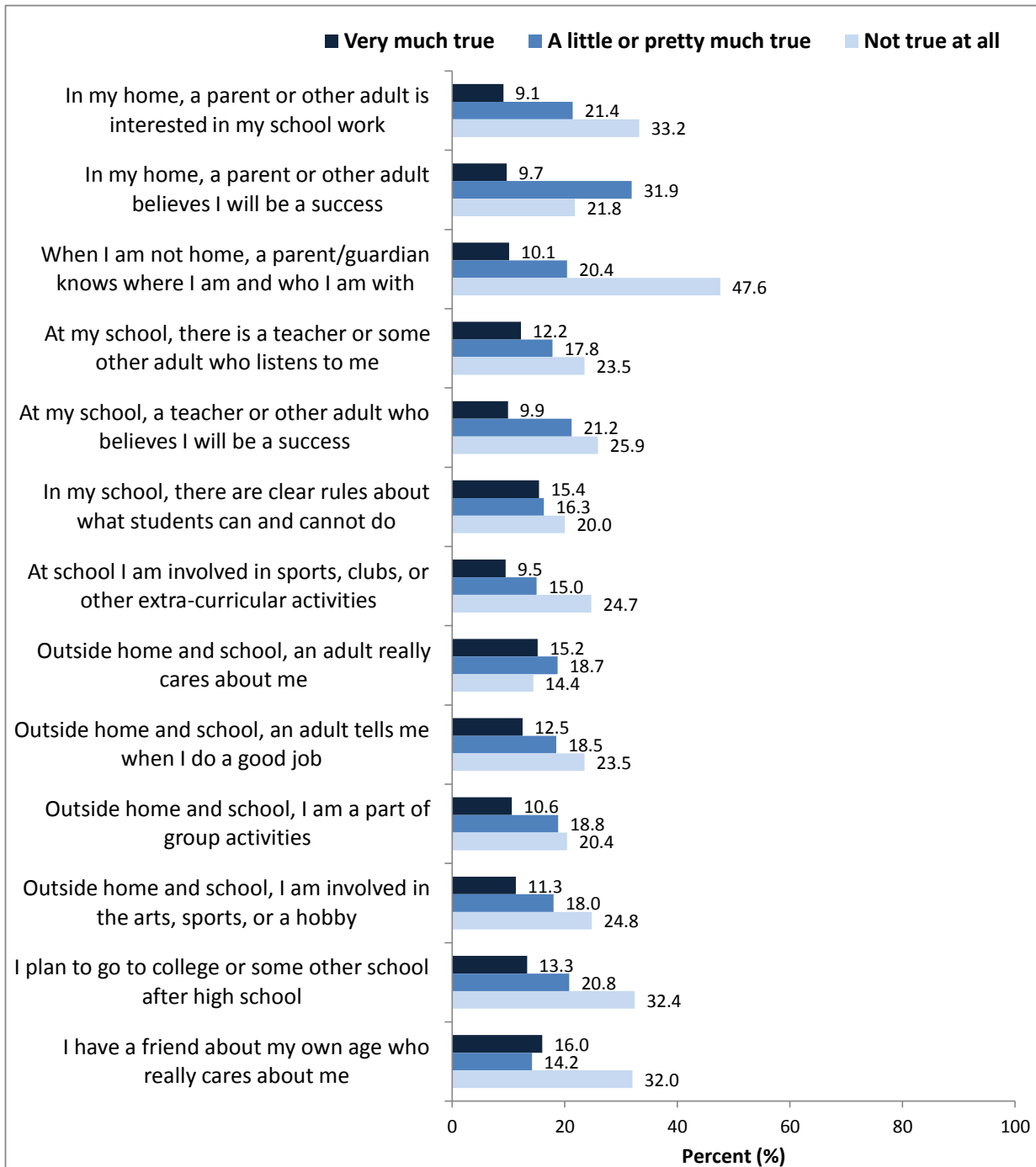
**Current cigarette smoking  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 8.7% were current cigarette smokers.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 22.4% were current cigarette smokers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 48.3% were current cigarette smokers.

**Binge drinking  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**

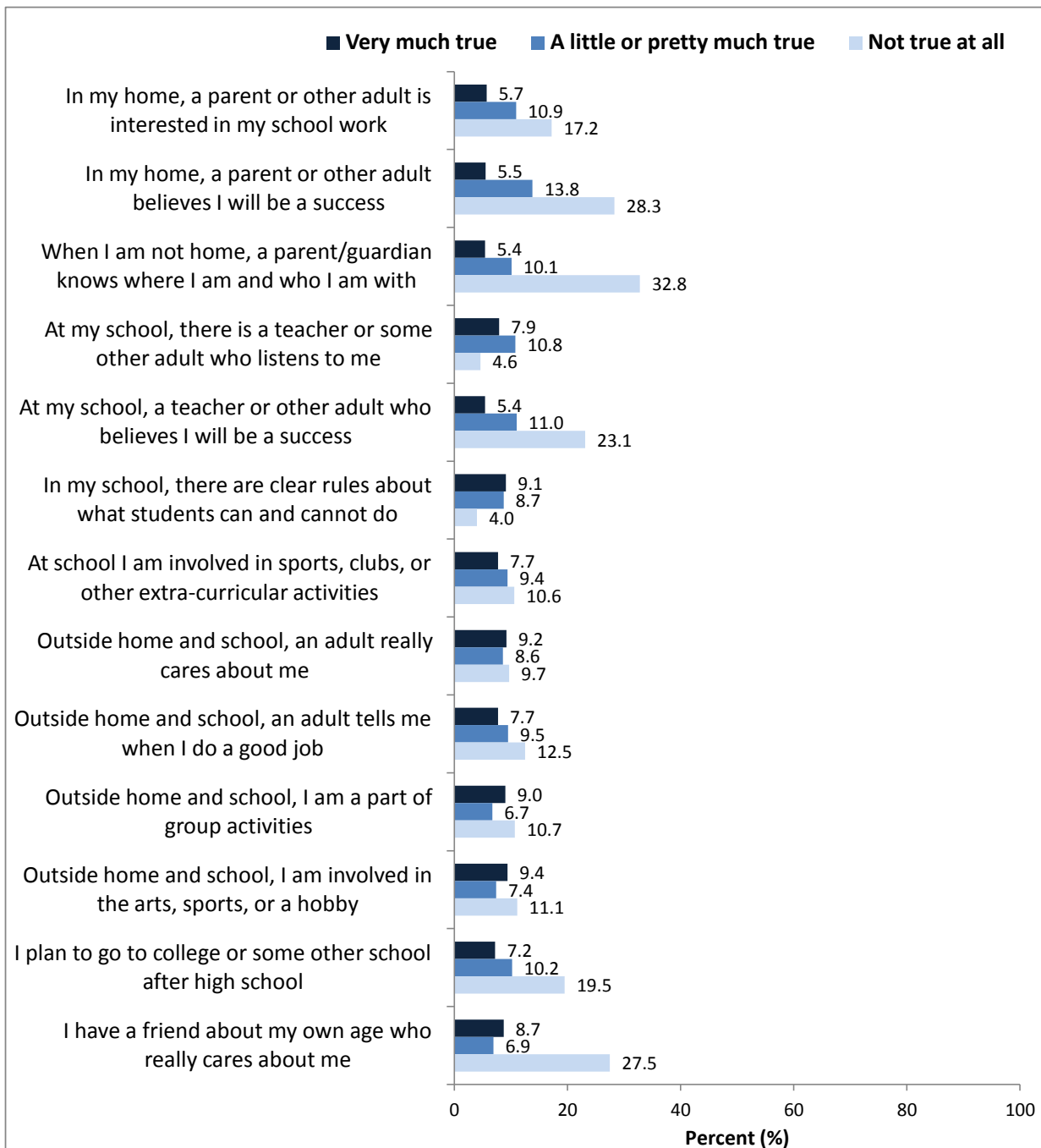


**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 9.1% were binge drinkers.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 21.4% were binge drinkers.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.2% were binge drinkers.



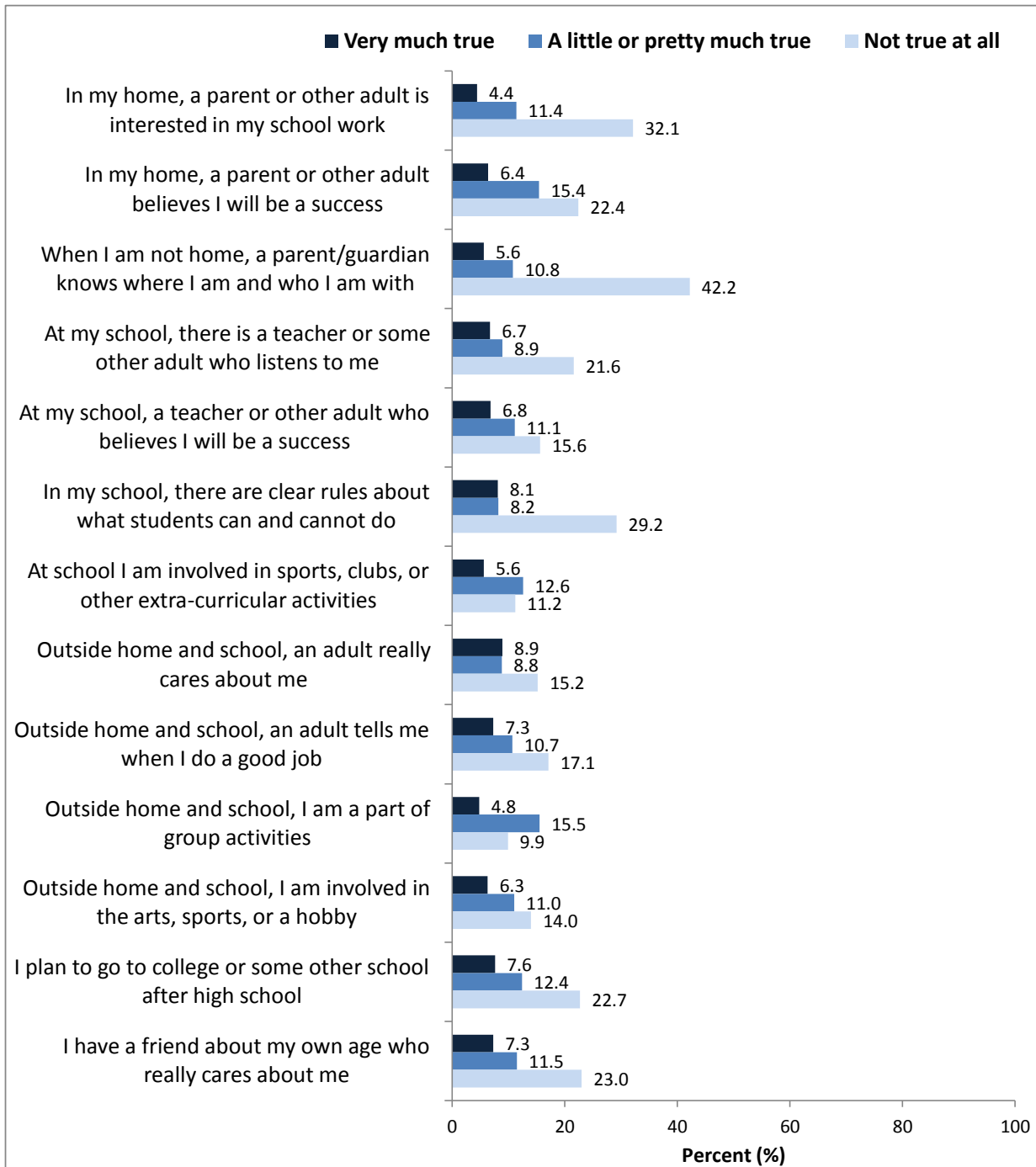
**Drinking and driving  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 5.7% drove when they had been drinking.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 10.9% drove when they had been drinking.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 17.2% drove when they had been drinking.

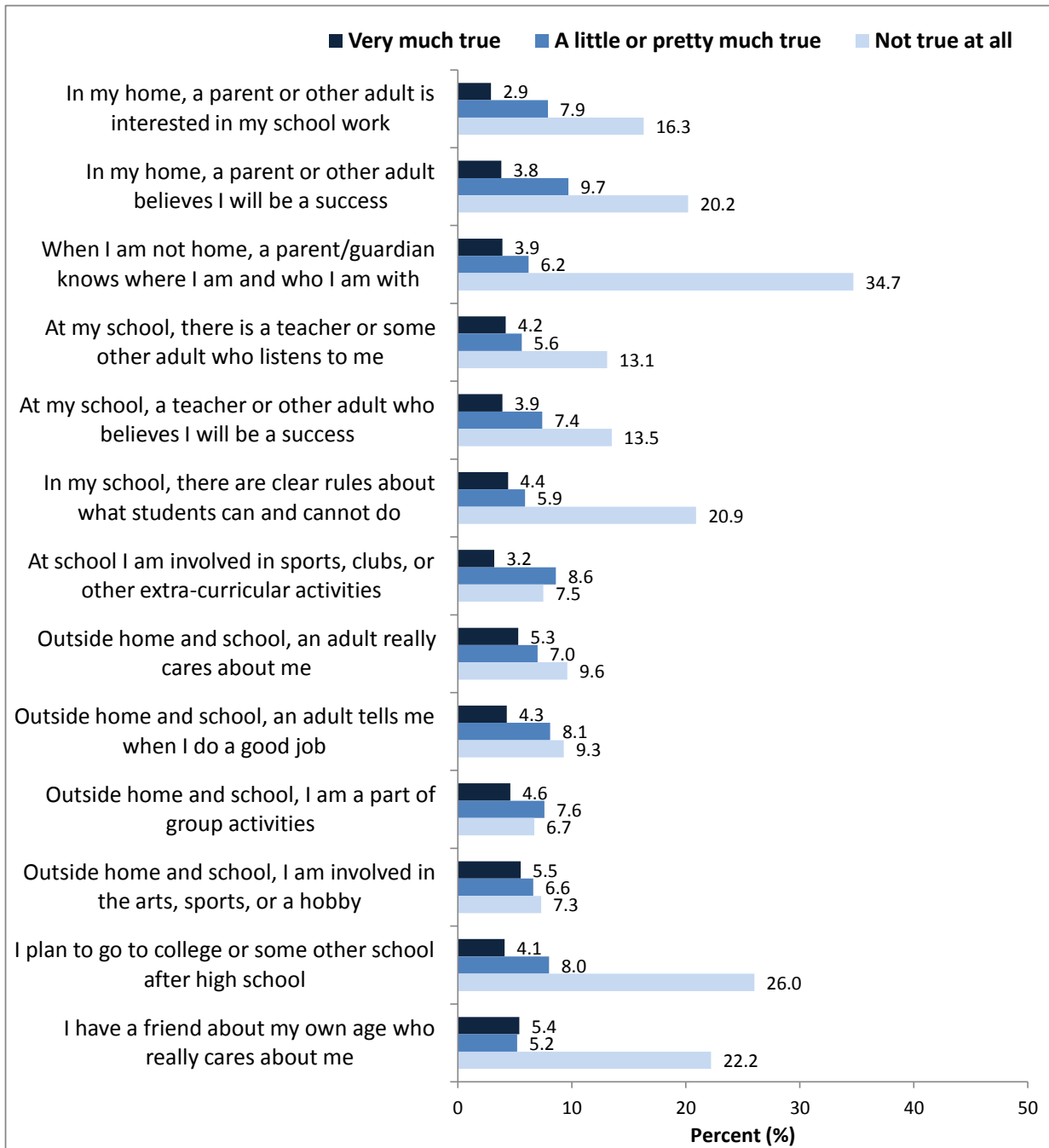
**Current painkiller use to get high  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 4.4% used painkillers to get high.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 11.4% used painkillers to get high.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 32.1% used painkillers to get high.

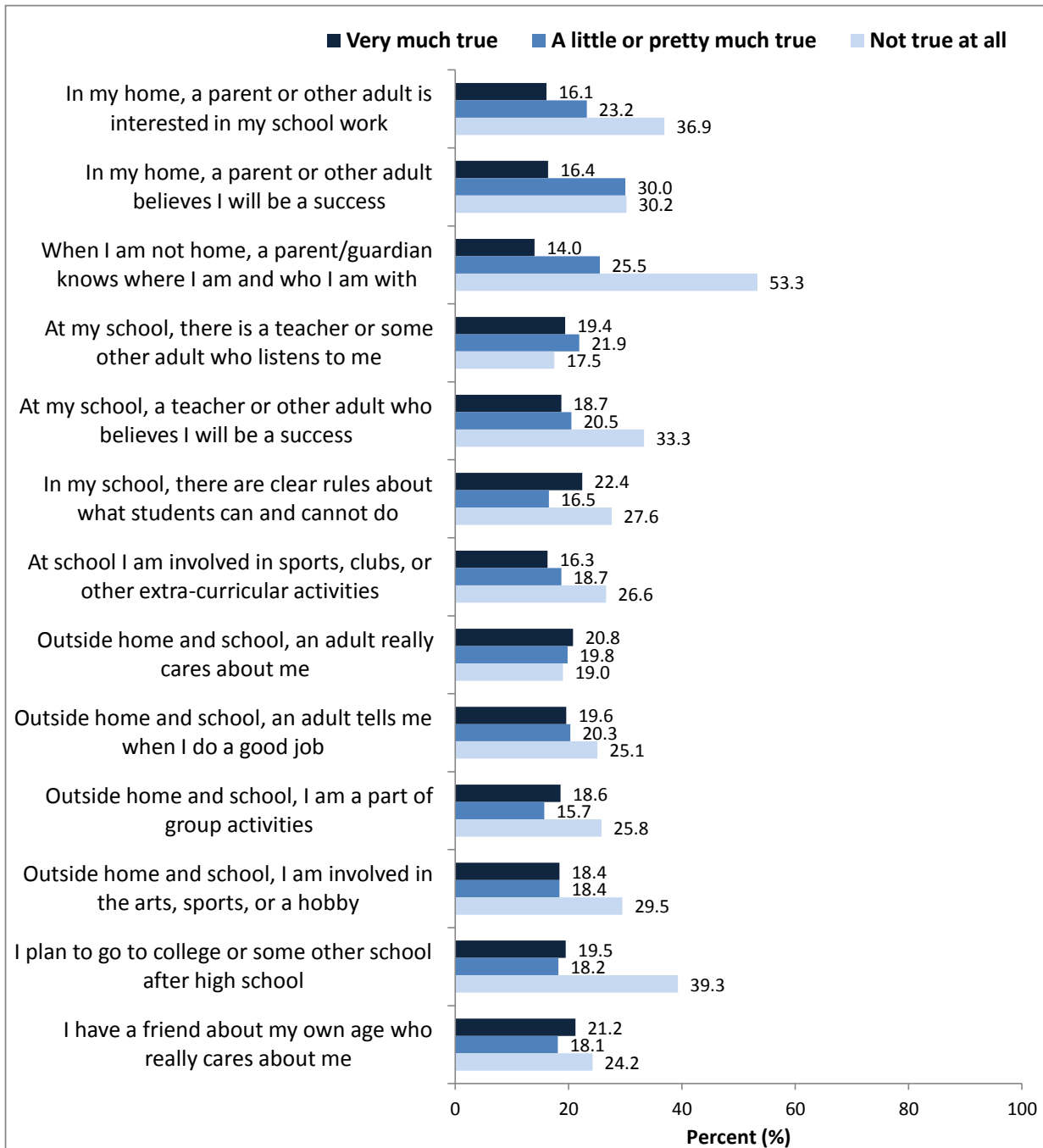
**Current cocaine use  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 2.9% used cocaine.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 7.9% used cocaine.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 16.3% used cocaine.

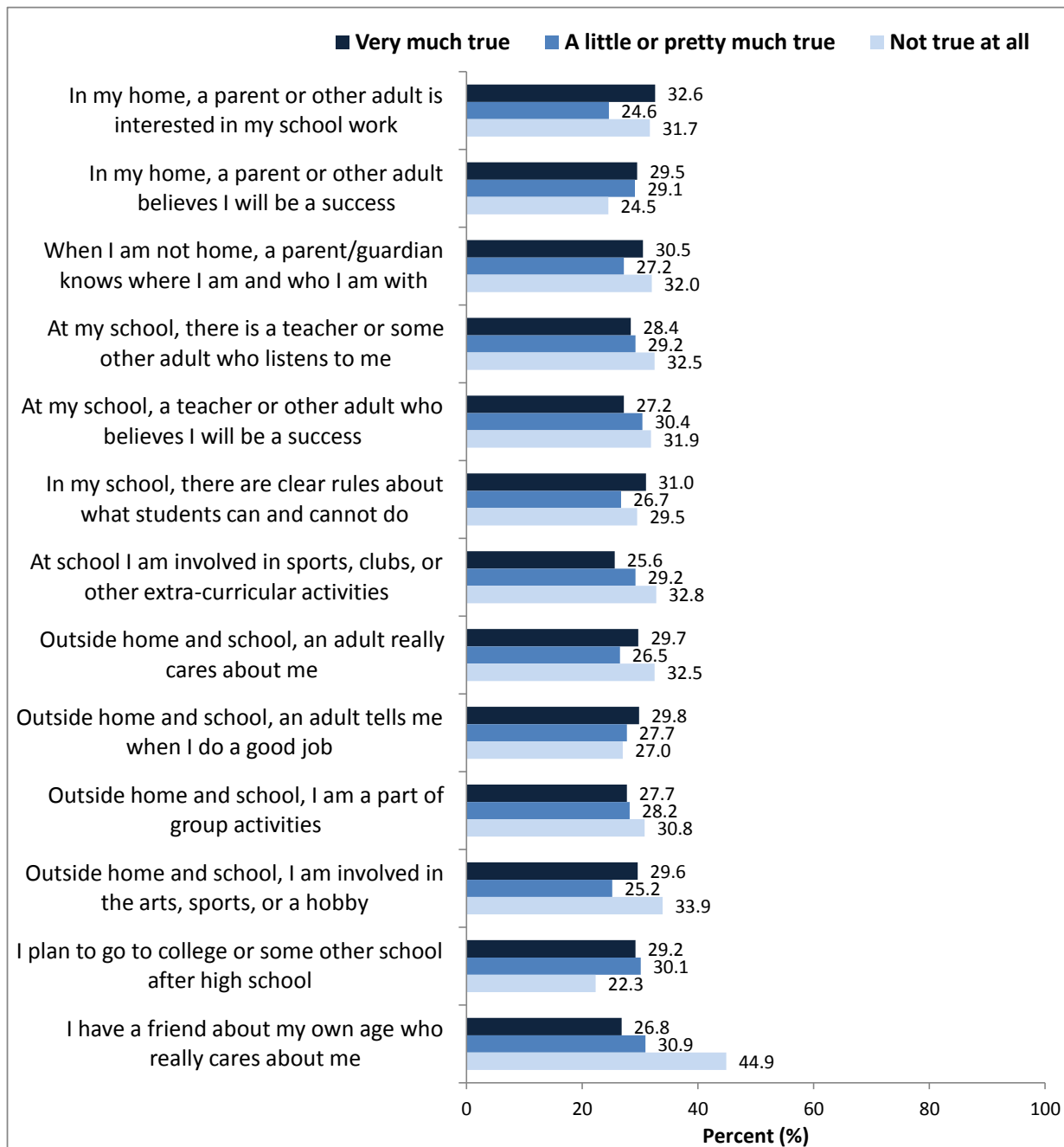
**Sexually active  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 16.1% were sexually active.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 23.2% were sexually active.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 36.9% were sexually active.

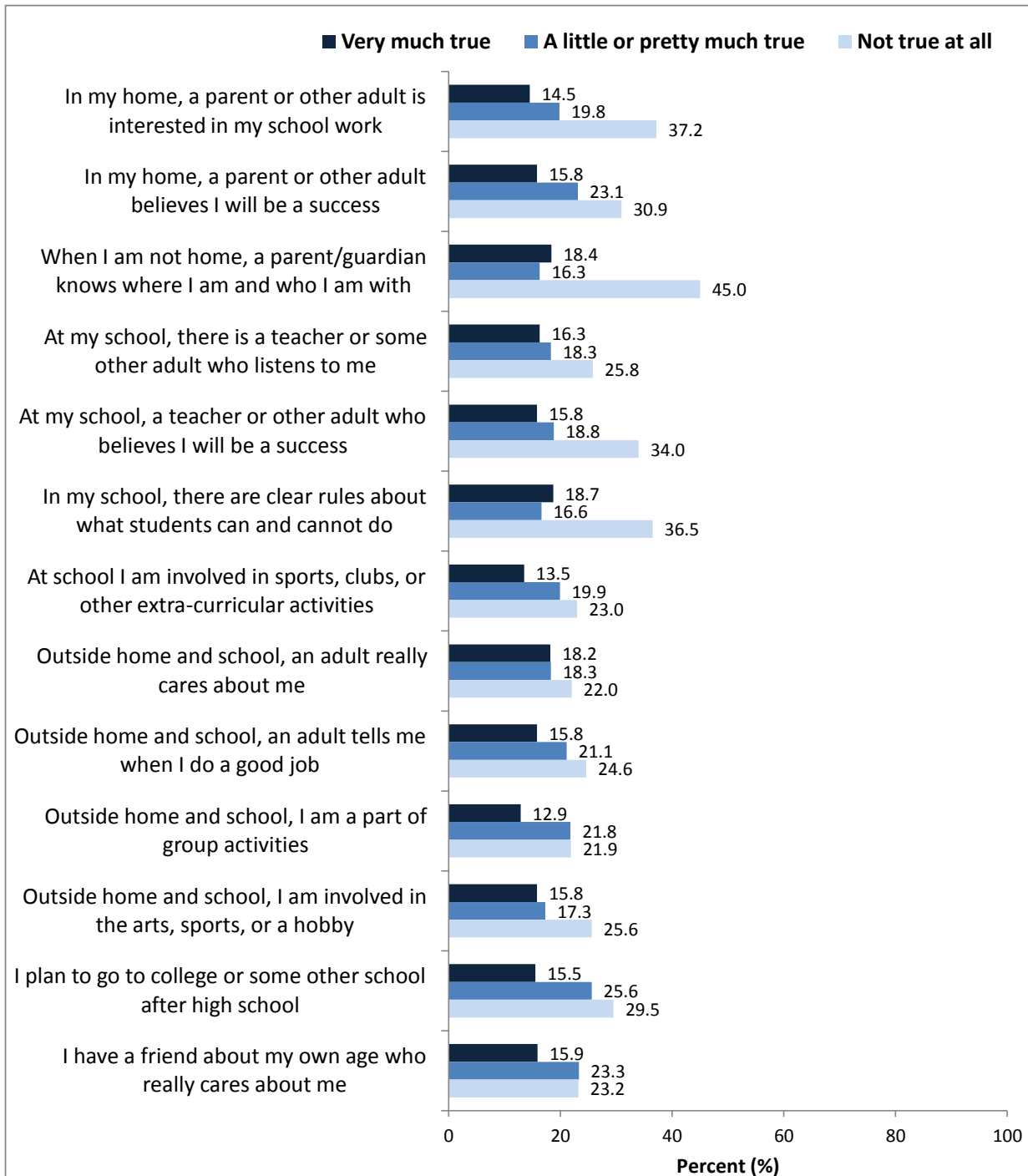
**Overweight or obese  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 32.6% were overweight or obese.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 24.6% were overweight or obese.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 31.7% were overweight or obese.

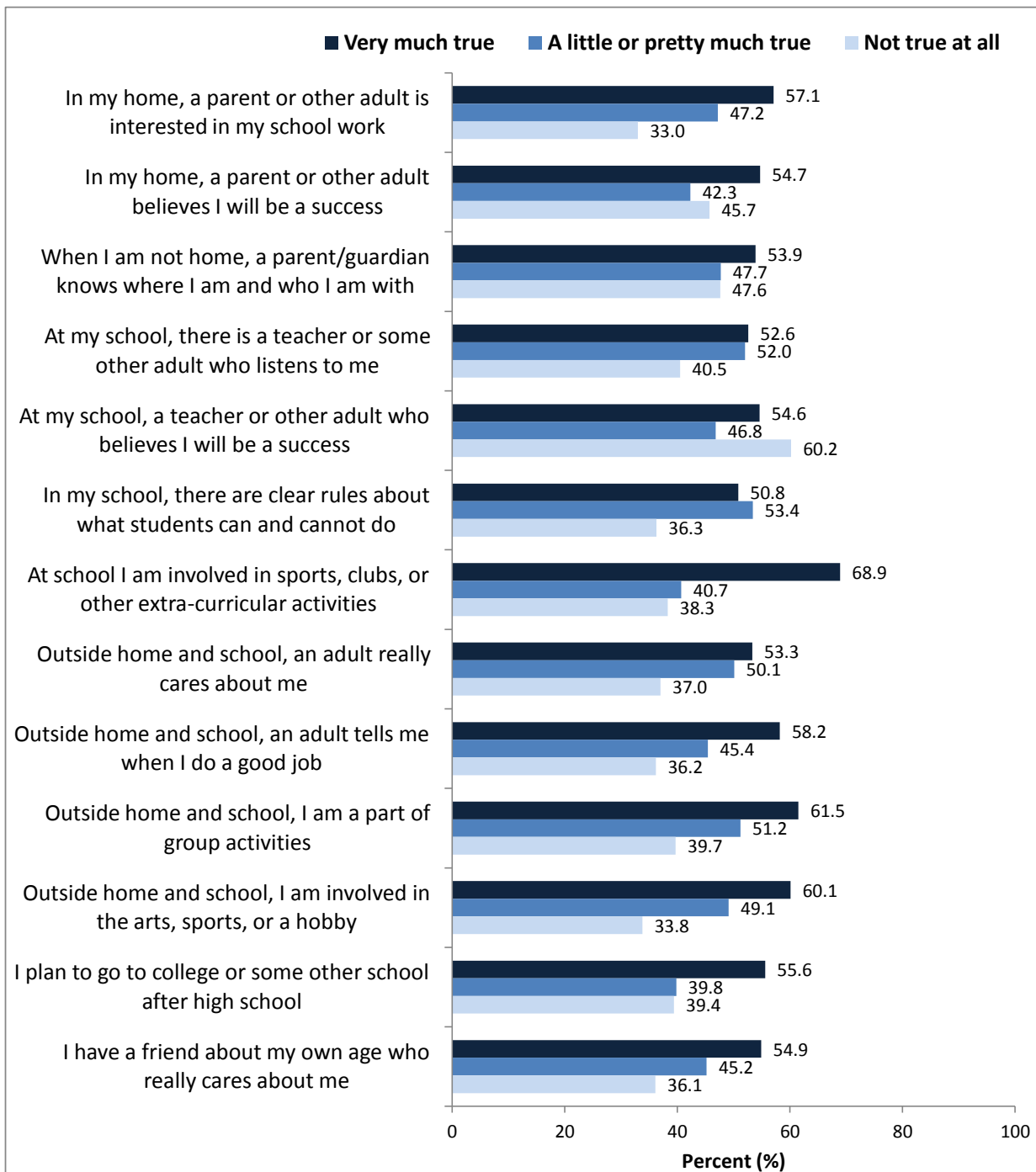
**Daily soda consumption  
by Selected Resiliency Factors  
Sandoval County  
Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 14.5% drank one or more sodas per day.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 19.8% drank one or more sodas per day.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 37.2% drank one or more sodas per day.

**Physically active 5 of the past 7 days  
 by Selected Resiliency Factors  
 Sandoval County  
 Grades 9-12, 2013**



**How to read this chart:**

- Of those who said it was 'Very much true' that a parent or other adult was interested in their school work, 57.1% engaged in daily physical activity on 5 of the past 7 days.
- Of those who said it was 'A little or pretty much true' that a parent or other adult was interested in their school work, 47.2% engaged in daily physical activity on 5 of the past 7 days.
- Of those who said it was 'Not true at all' that a parent or other adult was interested in their school work, 33.0% engaged in daily physical activity on 5 of the past 7 days.





## Appendix A

### Questionnaire with Results

**2011 High School Questionnaire**  
**NM YRRS**  
**Sandoval County**

<b><u>Personal Information</u></b>	<b><u>Number of responses</u></b>	<b><u>%</u></b>
1. How old are you?		
A. 12 years old or younger	7	0.5%
B. 13 years old	9	0.7%
C. 14 years old	249	18.0%
D. 15 years old	329	23.8%
E. 16 years old	351	25.4%
F. 17 years old	338	24.5%
G. 18 years old or older	99	7.2%
2. What is your sex?		
A. Female	662	47.9%
B. Male	720	52.1%
3. In what grade are you?		
A. 9th grade	339	25.6%
B. 10th grade	345	26.1%
C. 11th grade	355	26.8%
D. 12th grade	336	25.4%
E. Ungraded or other grade	5	0.4%
4. Are you Hispanic or Latino?		
A. Yes	632	46.3%
B. No	734	53.7%
5. What is your race?		
(Select one or more responses.)		
NOTE - Because students were allowed to select multiple responses, responses may not total to 100%)		
A. American Indian or Alaska Native	517	43.5%
B. Asian	38	3.2%
C. Black or African American	77	6.5%
D. Native Hawaiian or Other Pacific Islander	36	3.0%
E. White	626	52.7%

	<b><u>Weighted Mean</u></b>	
6. How tall are you without your shoes on?		
Mean height in meters -	1.69	
Mean height in feet and inches -	5'6"	
7. How much do you weigh without your shoes on?		
Mean weight in kilograms -	66	
Mean weight in pounds -	146	
	<b><u>Weighted %</u></b>	<b><u>95% Confidence Interval</u></b>
8. Which one of these groups best describes you? (Select only one response.)		
A. American Indian or Alaska Native	12.8	(10.0-16.2)
B. Asian	1.8	(0.9-3.8)
C. Black or African American	4.9	(3.4-7.1)
D. Hispanic or Latino	38.0	(31.4-45.1)
E. Native Hawaiian or Other Pacific Islander	1.3	(0.6-2.8)
F. White	41.2	(34.3-48.5)
9. What is the highest level of schooling your mother completed?		
A. Completed grade school or less	2.9	(1.6-5.2)
B. Some high school	10.2	(7.6-13.7)
C. Completed high school	20.3	(17.2-23.6)
D. Some college	18.2	(15.8-20.7)
E. Completed college	25.7	(22.1-29.8)
F. Graduate or professional school	12.0	(8.4-16.8)
G. Not sure	10.8	(9.0-12.8)
10. What is the highest level of schooling your father completed?		
A. Completed grade school or less	3.9	(2.4-6.2)
B. Some high school	11.0	(7.7-15.5)
C. Completed high school	25.3	(21.9-29.2)
D. Some college	14.3	(11.7-17.4)
E. Completed college	18.8	(15.6-22.4)
F. Graduate or professional school	11.1	(8.7-13.9)
G. Not sure	15.6	(12.9-18.7)

**95%****Weighted**      **Confidence**  
**%**                      **Interval**

11. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	24.6	(19.5-30.5)
B. Mostly B's	39.0	(33.9-44.3)
C. Mostly C's	23.5	(19.1-28.6)
D. Mostly D's	5.1	(2.6-9.5)
E. Mostly F's	2.1	(1.2-3.8)
F. None of these grades	0.6	(0.2-1.8)
G. Not sure	5.1	(3.7-7.2)

**Personal Safety**

The next 6 questions ask about safety.

12. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
A. I did not ride a bicycle during the past 12 months	38.4	(34.4-42.6)
B. Never wore a helmet	46.4	(42.3-50.5)
C. Rarely wore a helmet	5.1	(3.9-6.6)
D. Sometimes wore a helmet	3.5	(2.2-5.6)
E. Most of the time wore a helmet	3.9	(2.0-7.3)
F. Always wore a helmet	2.8	(1.5-4.9)
13. How often do you wear a seat belt when riding in a car driven by someone else?		
A. Never	2.7	(1.9-3.8)
B. Rarely	3.8	(2.5-5.9)
C. Sometimes	6.4	(4.4-9.4)
D. Most of the time	20.1	(16.7-23.9)
E. Always	67.0	(61.5-72.1)
14. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?		
A. 0 times	79.6	(75.9-82.9)
B. 1 time	7.3	(6.1-8.7)
C. 2 or 3 times	6.3	(4.8-8.3)
D. 4 or 5 times	1.6	(1.0-2.7)
E. 6 or more times	5.2	(3.8-7.0)
15. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
A. I did not drive a car or other vehicle during the past 30 days	36.2	(28.8-44.2)
B. 0 times	57.8	(50.1-65.2)
C. 1 time	2.8	(1.8-4.4)
D. 2 or 3 times	1.9	(1.2-3.2)
E. 4 or 5 times	0.1	(0.0-0.2)
F. 6 or more times	1.3	(0.7-2.4)

95%Confidence

	<u>Weighted</u>	<u>Confidence</u>
	<u>%</u>	<u>Interval</u>
16. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?		
A. I did not drive a car or other vehicle during the past 30 days	35.2	(28.1-43.1)
B. 0 days	40.7	(35.4-46.2)
C. 1 or 2 days	7.4	(5.5-9.8)
D. 3 to 5 days	3.6	(2.6-4.9)
E. 6 to 9 days	2.3	(1.3-3.9)
F. 10 to 19 days	3.6	(2.3-5.4)
G. 20 to 29 days	1.7	(0.9-3.1)
H. All 30 days	5.6	(3.8-8.1)
17. Is there a gun in your home?		
A. Yes	53.6	(50.2-57.1)
B. No	37.8	(34.7-41.0)
C. Not sure	8.6	(6.8-10.8)
Violence-Related Behaviors		
The next 9 questions ask about violence-related behaviors.		
18. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
A. 0 days	78.5	(73.5-82.7)
B. 1 day	3.8	(2.5-5.7)
C. 2 or 3 days	5.2	(3.8-7.2)
D. 4 or 5 days	3.3	(2.0-5.2)
E. 6 or more days	9.2	(7.2-11.9)
19. During the past 30 days, on how many days did you carry a gun?		
A. 0 days	91.4	(88.8-93.5)
B. 1 day	3.7	(2.5-5.6)
C. 2 or 3 days	2.2	(1.4-3.5)
D. 4 or 5 days	0.5	(0.2-1.3)
E. 6 or more days	2.2	(1.5-3.4)
20. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
A. 0 days	96.2	(94.1-97.5)
B. 1 day	0.9	(0.4-1.7)
C. 2 or 3 days	0.5	(0.2-1.2)
D. 4 or 5 days	0.9	(0.3-2.2)
E. 6 or more days	1.6	(0.8-3.0)
21. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?		
A. 0 days	93.8	(91.7-95.3)
B. 1 day	2.5	(1.6-3.9)
C. 2 or 3 days	1.4	(0.5-3.5)
D. 4 or 5 days	0.9	(0.6-1.5)
E. 6 or more days	1.4	(0.9-2.4)

95%Weighted      Confidence  
%                      Interval

22. During the past 12 months, how many times were you in a physical fight?		
A. 0 times	73.3	(68.2-77.8)
B. 1 time	11.7	(9.1-14.9)
C. 2 or 3 times	9.3	(7.5-11.6)
D. 4 or 5 times	1.8	(0.9-3.6)
E. 6 or 7 times	0.7	(0.3-1.5)
F. 8 or 9 times	0.2	(0.1-0.6)
G. 10 or 11 times	0.1	(0.0-0.4)
H. 12 or more times	2.8	(1.8-4.2)
23. During the past 12 months, how many times were you in a physical fight on school property?		
A. 0 times	91.2	(87.4-93.9)
B. 1 time	5.4	(3.4-8.3)
C. 2 or 3 times	1.9	(1.2-3.0)
D. 4 or 5 times	0.3	(0.1-1.6)
E. 6 or 7 times	0.3	(0.1-1.1)
F. 8 or 9 times	0.2	(0.0-0.7)
G. 10 or 11 times	0.1	(0.0-0.6)
H. 12 or more times	0.6	(0.3-1.2)
24. Have you ever been physically forced to have sexual intercourse when you did not want to?		
A. Yes	9.0	(6.8-12.0)
B. No	91.0	(88.0-93.2)
25. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)		
A. I did not date or go out with anyone during the past 12 months	30.4	(25.2-36.2)
B. 0 times	61.1	(55.2-66.6)
C. 1 time	3.3	(2.3-4.8)
D. 2 or 3 times	2.5	(1.5-4.1)
E. 4 or 5 times	1.0	(0.5-2.0)
F. 6 or more times	1.7	(1.1-2.6)
26. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)		
A. I did not date or go out with anyone during the past 12 months		
B. 0 times	60.7	(55.8-65.4)
C. 1 time	3.5	(2.3-5.3)
D. 2 or 3 times	3.3	(2.2-5.0)
E. 4 or 5 times	0.9	(0.4-1.8)
F. 6 or more times	1.1	(0.7-1.9)

**95%**  
**Weighted**    **Confidence**  
**%**            **Interval**

**Bullying**

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

27. During the past 12 months, have you ever been bullied on school property?

- |        |      |             |
|--------|------|-------------|
| A. Yes | 17.9 | (14.8-21.4) |
| B. No  | 82.1 | (78.6-85.2) |

28. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

- |        |      |             |
|--------|------|-------------|
| A. Yes | 13.6 | (11.4-16.1) |
| B. No  | 86.4 | (83.9-88.6) |

The next question asks about hurting yourself on purpose.

29. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

- |                    |      |             |
|--------------------|------|-------------|
| A. 0 times         | 77.9 | (74.3-81.1) |
| B. 1 time          | 6.4  | (5.2-8.0)   |
| C. 2 or 3 times    | 7.8  | (5.6-10.9)  |
| D. 4 or 5 times    | 2.6  | (1.5-4.5)   |
| E. 6 or more times | 5.2  | (3.7-7.2)   |

**Sadness and Attempted Suicide**

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own lives.

30. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- |        |      |             |
|--------|------|-------------|
| A. Yes | 31.6 | (27.5-36.1) |
| B. No  | 68.4 | (63.9-72.5) |

31. During the past 12 months, did you ever seriously consider attempting suicide?

- |        |      |             |
|--------|------|-------------|
| A. Yes | 17.5 | (14.3-21.4) |
| B. No  | 82.5 | (78.6-85.7) |

32. During the past 12 months, did you make a plan about how you would attempt suicide?

- |        |      |             |
|--------|------|-------------|
| A. Yes | 13.7 | (11.3-16.4) |
| B. No  | 86.3 | (83.6-88.7) |

**95%**

	<b><u>Weighted</u></b>	<b><u>Confidence</u></b>
	<b><u>%</u></b>	<b><u>Interval</u></b>
33. During the past 12 months, how many times did you actually attempt suicide?		
A. 0 times	90.3	(87.0-92.9)
B. 1 time	5.5	(3.8-8.0)
C. 2 or 3 times	2.2	(1.3-3.7)
D. 4 or 5 times	1.1	(0.5-2.3)
E. 6 or more times	0.8	(0.4-1.5)
34. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
A. I did not attempt suicide during the past 12 months	90.2	(86.8-92.8)
B. Yes	3.7	(2.2-6.2)
C. No	6.1	(4.5-8.2)
<b><u>Tobacco Use</u></b>		
The next 11 questions ask about tobacco use.		
35. Have you ever tried cigarette smoking, even one or two puffs?		
A. Yes	44.9	(35.7-54.4)
B. No	55.1	(45.6-64.3)
36. How old were you when you smoked a whole cigarette for the first time?		
A. I have never smoked a whole cigarette	66.5	(56.8-75.0)
B. 8 years old or younger	2.8	(1.9-4.0)
C. 9 or 10 years old	3.1	(2.0-4.7)
D. 11 or 12 years old	6.7	(4.9-9.1)
E. 13 or 14 years old	10.0	(7.0-14.1)
F. 15 or 16 years old	9.1	(6.0-13.7)
G. 17 years old or older	1.8	(1.0-3.3)
37. During the past 30 days, on how many days did you smoke cigarettes?		
A. 0 days	82.4	(76.2-87.3)
B. 1 or 2 days	4.6	(2.9-7.2)
C. 3 to 5 days	2.4	(1.3-4.5)
D. 6 to 9 days	1.5	(0.9-2.4)
E. 10 to 19 days	3.4	(2.3-5.0)
F. 20 to 29 days	1.5	(0.8-3.0)
G. All 30 days	4.2	(2.0-8.8)
38. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
A. I did not smoke cigarettes during the past 30 days	81.7	(75.3-86.8)
B. Less than 1 cigarette per day	4.8	(3.0-7.5)
C. 1 cigarette per day	3.4	(2.3-5.0)
D. 2 to 5 cigarettes per day	6.5	(4.1-10.2)
E. 6 to 10 cigarettes per day	2.6	(1.1-6.5)
F. 11 to 20 cigarettes per day	0.7	(0.3-1.5)
G. More than 20 cigarettes per day	0.3	(0.1-0.8)



95%Confidence  
IntervalWeighted  
%

	<u>Weighted</u> <u>%</u>	<u>Confidence</u> <u>Interval</u>
39. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)		
A. I did not smoke cigarettes during the past 30 days	81.7	(75.2-86.8)
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	3.2	(1.8-5.6)
C. I bought them from a vending machine	0.5	(0.2-1.2)
D. I gave someone else money to buy them for me	3.3	(2.2-5.0)
E. I borrowed (or bummed) them from someone else	5.6	(3.6-8.7)
F. A person 18 years old or older gave them to me	1.1	(0.6-2.0)
G. I took them from a store or family member	0.9	(0.5-1.6)
H. I got them some other way	3.7	(2.2-6.3)
40. During the past 30 days, on how many days did you smoke cigarettes on school property?		
A. 0 days	94.4	(91.9-96.2)
B. 1 or 2 days	2.9	(1.4-6.2)
C. 3 to 5 days	0.5	(0.2-0.9)
D. 6 to 9 days	0.7	(0.3-1.7)
E. 10 to 19 days	1.3	(0.5-3.2)
F. 20 to 29 days	0.0	(0.0-0.1)
G. All 30 days	0.2	(0.1-0.4)
41. During the past 12 months, did you ever try to quit smoking cigarettes?		
A. I did not smoke during the past 12 months	75.5	(67.7-81.9)
B. Yes	12.5	(9.2-16.6)
C. No	12.1	(8.3-17.3)
42. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
A. 0 days	92.9	(91.1-94.4)
B. 1 or 2 days	1.9	(1.3-2.9)
C. 3 to 5 days	1.9	(1.0-3.9)
D. 6 to 9 days	1.0	(0.5-2.0)
E. 10 to 19 days	1.0	(0.4-2.0)
F. 20 to 29 days	0.5	(0.2-1.1)
G. All 30 days	0.8	(0.5-1.3)
43. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
A. 0 days	86.8	(81.2-90.9)
B. 1 or 2 days	6.0	(4.1-8.8)
C. 3 to 5 days	2.6	(1.1-6.3)
D. 6 to 9 days	1.3	(0.7-2.5)
E. 10 to 19 days	1.9	(1.1-3.3)
F. 20 to 29 days	0.5	(0.2-1.3)
G. All 30 days	0.8	(0.4-1.8)

95%ConfidenceWeighted%Interval

44. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?		
A. 0 days	79.9	(75.7-83.6)
B. 1 or 2 days	8.2	(6.3-10.5)
C. 3 to 5 days	4.6	(3.2-6.5)
D. 6 to 9 days	3.1	(1.9-5.1)
E. 10 to 19 days	1.8	(1.0-3.1)
F. 20 to 29 days	0.8	(0.3-1.8)
G. All 30 days	1.6	(0.7-3.4)
45. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?		
A. 0 days	57.1	(52.2-61.8)
B. 1 day	9.9	(8.3-11.9)
C. 2 days	8.2	(6.2-10.9)
D. 3 days	6.3	(4.2-9.2)
E. 4 days	3.3	(2.1-5.0)
F. 5 days	2.3	(1.5-3.6)
G. 6 days	1.5	(0.9-2.7)
H. 7 days	11.3	(8.6-14.7)

**Alcohol**

The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

46. How old were you when you had your first drink of alcohol other than a few sips?		
A. I have never had a drink of alcohol other than a few sips	43.5	(36.9-50.3)
B. 8 years old or younger	8.2	(6.3-10.7)
C. 9 or 10 years old	4.4	(3.4-5.6)
D. 11 or 12 years old	7.9	(6.4-9.6)
E. 13 or 14 years old	18.6	(16.3-21.3)
F. 15 or 16 years old	15.6	(11.5-21.0)
G. 17 years old or older	1.7	(1.0-3.0)
47. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A. 0 days	73.2	(67.3-78.4)
B. 1 or 2 days	14.0	(11.2-17.4)
C. 3 to 5 days	6.2	(4.9-7.9)
D. 6 to 9 days	3.5	(2.0-5.9)
E. 10 to 19 days	1.8	(0.9-3.6)
F. 20 to 29 days	0.7	(0.3-1.9)
G. All 30 days	0.5	(0.2-1.3)

95%Confidence

	<u>Weighted</u>	<u>Confidence</u>
	<u>%</u>	<u>Interval</u>
48. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
A. 0 days	83.5	(79.3-86.9)
B. 1 day	7.3	(5.0-10.5)
C. 2 days	4.5	(3.2-6.4)
D. 3 to 5 days	3.1	(2.1-4.4)
E. 6 to 9 days	0.8	(0.3-1.8)
F. 10 to 19 days	0.6	(0.2-1.5)
G. 20 or more days	0.3	(0.1-0.8)
49. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?		
A. I did not drink alcohol during the past 30 days	73.3	(67.1-78.8)
B. 1 or 2 drinks	11.3	(8.3-15.1)
C. 3 drinks	1.8	(1.0-3.3)
D. 4 drinks	2.1	(1.2-3.8)
E. 5 drinks	2.5	(1.5-4.1)
F. 6 or 7 drinks	3.9	(2.7-5.6)
G. 8 or 9 drinks	0.8	(0.3-2.0)
H. 10 or more drinks	4.3	(2.6-7.0)
50. During the past 30 days, how did you usually get the alcohol you drank?		
A. I did not drink alcohol during the past 30 days	72.4	(66.2-77.8)
B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	1.3	(0.6-2.9)
C. I bought it at a restaurant, bar, or club	0.6	(0.2-1.3)
D. I bought it at a public event such as a concert or sporting event	0.4	(0.1-0.9)
E. I gave someone else money to buy it for me	4.1	(2.5-6.9)
F. Someone gave it to me	10.4	(7.8-13.7)
G. I took it from a store or family member	3.0	(2.1-4.2)
H. I got it some other way	7.9	(5.4-11.3)
51. During the past 30 days, where did you usually drink alcohol? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	71.9	(65.9-77.2)
B. At my home	9.1	(6.9-12.0)
C. At another person's home	13.0	(9.1-18.1)
D. While riding in or driving a car or other vehicle	1.1	(0.5-2.3)
E. At a restaurant, bar, or club	1.0	(0.4-2.4)
F. At a public place such as a park, beach, or parking lot	1.4	(0.7-2.9)
G. At a public event such as a concert or sporting event	1.7	(0.9-3.2)
H. On school property	0.9	(0.4-1.8)

95%Confidence  
Interval

	<u>Weighted</u> <u>%</u>	<u>Confidence</u> <u>Interval</u>
52. During the past 30 days, what type of alcohol did you usually drink? (Select only one response.)		
A. I did not drink alcohol during the past 30 days	72.4	(66.8-77.3)
B. I do not have a usual type	2.7	(1.8-4.0)
C. Beer	4.8	(2.9-8.0)
D. Flavored malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	4.0	(2.8-5.7)
E. Wine coolers, such as Bartles & James or Seagrams	0.4	(0.2-1.0)
F. Wine	1.1	(0.5-2.2)
G. Liquor, such as vodka, rum, scotch, bourbon, or whiskey	13.1	(10.6-16.1)
H. Some other type	1.5	(0.9-2.6)
53. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
A. 0 days	94.0	(91.5-95.8)
B. 1 or 2 days	2.4	(1.6-3.7)
C. 3 to 5 days	1.1	(0.5-2.1)
D. 6 to 9 days	0.7	(0.3-1.9)
E. 10 to 19 days	0.5	(0.2-1.8)
F. 20 to 29 days	0.7	(0.1-3.0)
G. All 30 days	0.6	(0.3-1.2)

**Marijuana Use**

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

54. How old were you when you tried marijuana for the first time?		
A. I have never tried marijuana	53.5	(44.6-62.2)
B. 8 years old or younger	2.2	(1.4-3.6)
C. 9 or 10 years old	3.9	(2.3-6.7)
D. 11 or 12 years old	10.0	(7.7-12.8)
E. 13 or 14 years old	17.1	(14.0-20.9)
F. 15 or 16 years old	11.2	(8.3-15.0)
G. 17 years old or older	2.0	(1.1-3.5)
55. During the past 30 days, how many times did you use marijuana?		
A. 0 times	73.8	(66.8-79.8)
B. 1 or 2 times	7.0	(5.3-9.1)
C. 3 to 9 times	4.7	(3.6-6.2)
D. 10 to 19 times	4.5	(3.2-6.4)
E. 20 to 39 times	3.5	(2.1-5.8)
F. 40 or more times	6.5	(4.0-10.3)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
56. During the past 30 days, how many times did you use synthetic marijuana (also called K2 or Spice)?		
A. 0 times	92.8	(90.0-94.9)
B. 1 or 2 times	2.9	(2.0-4.2)
C. 3 to 9 times	2.0	(0.9-4.2)
D. 10 to 19 times	1.0	(0.6-1.6)
E. 20 to 39 times	0.6	(0.2-1.7)
F. 40 or more times	0.7	(0.4-1.3)

**Other Drugs**

The next 15 questions ask about other drugs.

57. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
A. 0 times	88.9	(84.0-92.4)
B. 1 or 2 times	3.5	(2.4-5.1)
C. 3 to 9 times	2.5	(1.3-4.8)
D. 10 to 19 times	2.6	(1.5-4.4)
E. 20 to 39 times	1.2	(0.5-2.5)
F. 40 or more times	1.4	(0.8-2.4)
58. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
A. 0 times	94.0	(91.4-95.9)
B. 1 or 2 times	2.5	(1.6-3.9)
C. 3 to 9 times	1.9	(1.0-3.6)
D. 10 to 19 times	0.3	(0.1-1.1)
E. 20 to 39 times	0.2	(0.1-0.6)
F. 40 or more times	1.1	(0.5-2.1)
59. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?		
A. 0 times	95.4	(93.6-96.7)
B. 1 or 2 times	1.6	(0.9-2.8)
C. 3 to 9 times	1.4	(0.8-2.5)
D. 10 to 19 times	0.3	(0.1-0.7)
E. 20 to 39 times	0.5	(0.1-1.7)
F. 40 or more times	0.8	(0.3-1.8)
60. During your life, how many times have you used heroin (also called smack, junk, or China White)?		
A. 0 times	95.9	(93.7-97.3)
B. 1 or 2 times	1.5	(0.8-2.8)
C. 3 to 9 times	0.9	(0.4-2.1)
D. 10 to 19 times	0.4	(0.1-1.9)
E. 20 to 39 times	0.4	(0.1-1.3)
F. 40 or more times	0.9	(0.5-1.5)

95%

	<u>Weighted</u>	<u>Confidence</u>
	<u>%</u>	<u>Interval</u>
61. During the past 30 days, how many times did you use heroin (also called smack, junk, or China White)?		
A. 0 times	96.9	(95.2-98.1)
B. 1 or 2 times	0.7	(0.3-1.3)
C. 3 to 9 times	1.0	(0.4-2.2)
D. 10 to 19 times	0.5	(0.2-1.3)
E. 20 to 39 times	0.3	(0.1-0.7)
F. 40 or more times	0.6	(0.3-1.2)
62. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	94.0	(89.9-96.5)
B. 1 or 2 times	3.1	(1.5-6.2)
C. 3 to 9 times	1.0	(0.5-1.9)
D. 10 to 19 times	0.9	(0.4-1.7)
E. 20 to 39 times	0.4	(0.1-1.3)
F. 40 or more times	0.6	(0.3-1.2)
63. During the past 30 days, how many times did you use methamphetamines (also called speed, crystal, crank, or ice)?		
A. 0 times	96.6	(95.0-97.7)
B. 1 or 2 times	1.0	(0.6-1.6)
C. 3 to 9 times	0.7	(0.3-1.7)
D. 10 to 19 times	1.0	(0.4-2.1)
E. 20 to 39 times	0.1	(0.0-0.5)
F. 40 or more times	0.7	(0.3-1.3)
64. During your life, how many times have you used ecstasy (also called MDMA)?		
A. 0 times	90.8	(86.4-93.8)
B. 1 or 2 times	4.1	(2.8-6.0)
C. 3 to 9 times	2.7	(1.5-4.8)
D. 10 to 19 times	1.1	(0.5-2.4)
E. 20 to 39 times	0.7	(0.3-1.9)
F. 40 or more times	0.6	(0.3-1.2)
65. During the past 30 days, how many times did you use ecstasy (also called MDMA)?		
A. 0 times	95.3	(93.1-96.8)
B. 1 or 2 times	1.9	(1.3-2.7)
C. 3 to 9 times	1.4	(0.8-2.4)
D. 10 to 19 times	0.6	(0.2-1.8)
E. 20 to 39 times	0.3	(0.1-1.1)
F. 40 or more times	0.6	(0.3-1.1)

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>95%</u></b> <b><u>Confidence</u></b> <b><u>Interval</u></b>
66. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?		
A. 0 times	81.6	(76.5-85.7)
B. 1 or 2 times	6.4	(4.9-8.3)
C. 3 to 9 times	4.0	(2.6-6.1)
D. 10 to 19 times	2.6	(1.7-4.2)
E. 20 to 39 times	1.7	(1.0-2.9)
F. 40 or more times	3.7	(2.3-5.9)
67. During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?		
A. 0 times	90.3	(86.8-93.0)
B. 1 or 2 times	4.3	(3.0-6.2)
C. 3 to 9 times	2.6	(1.4-4.8)
D. 10 to 19 times	1.4	(0.7-2.8)
E. 20 to 39 times	0.8	(0.3-1.9)
F. 40 or more times	0.6	(0.3-1.4)
68. During your life, how many times have you used a needle to inject any illegal drug into your body?		
A. 0 times	96.0	(94.2-97.3)
B. 1 time	1.4	(0.8-2.4)
C. 2 or more times	2.6	(1.6-4.2)
69. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
A. Yes	37.7	(32.3-43.5)
B. No	62.3	(56.5-67.7)
70. If you wanted to, how hard or easy would it be to get cocaine, LSD, methamphetamines, or other illegal drug?		
A. Very hard	36.4	(32.1-40.9)
B. Sort of hard	17.3	(14.5-20.5)
C. Sort of easy	25.0	(21.3-29.1)
D. Very easy	21.4	(17.8-25.4)
71. How many adults have you known personally who, in the past year, have used marijuana, cocaine, or other drugs?		
A. 0 adults	43.5	(38.2-49.0)
B. 1 adult	16.6	(13.2-20.7)
C. 2 adults	9.3	(7.1-12.0)
D. 3 or 4 adults	12.0	(9.7-14.9)
E. 5 or more adults	18.6	(14.3-23.9)

	<u>Weighted</u> <u>%</u>	<u>95%</u> <u>Confidence</u> <u>Interval</u>
<b><u>Sexual Behavior</u></b>		
The next 8 questions ask about sexual behavior.		
72. How old were you when you had sexual intercourse for the first time?		
A. I have never had sexual intercourse	63.8	(54.7-72.1)
B. 11 years old or younger	1.9	(1.2-3.0)
C. 12 years old	3.2	(1.8-5.8)
D. 13 years old	4.5	(3.0-6.7)
E. 14 years old	9.9	(7.4-13.2)
F. 15 years old	8.4	(6.3-11.1)
G. 16 years old	5.9	(4.3-8.0)
H. 17 years old or older	2.4	(1.2-4.5)
73. During your life, with how many people have you had sexual intercourse?		
A. I have never had sexual intercourse	63.3	(54.4-71.5)
B. 1 person	12.7	(10.2-15.8)
C. 2 people	7.1	(5.4-9.3)
D. 3 people	5.6	(3.3-9.5)
E. 4 people	2.6	(1.4-4.9)
F. 5 people	1.8	(1.0-3.2)
G. 6 or more people	6.7	(4.6-9.8)
74. During the past 3 months, with how many people did you have sexual intercourse?		
A. I have never had sexual intercourse	63.4	(54.4-71.5)
B. I have had sexual intercourse, but not during the past 3 months	15.4	(11.6-20.2)
C. 1 person	14.7	(11.2-19.0)
D. 2 people	3.3	(2.0-5.2)
E. 3 people	1.3	(0.7-2.7)
F. 4 people	0.6	(0.3-1.1)
G. 5 people	0.0	(0.0-0.2)
H. 6 or more people	1.3	(0.7-2.5)
75. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
A. I have never had sexual intercourse	63.2	(54.2-71.3)
B. Yes	8.9	(5.9-13.1)
C. No	28.0	(22.4-34.4)
76. The last time you had sexual intercourse, did you or your partner use a condom?		
A. I have never had sexual intercourse	63.6	(54.5-71.8)
B. Yes	21.8	(17.1-27.4)
C. No	14.6	(10.3-20.3)



95%Confidence

	<u>Weighted</u>	<u>Confidence</u>
	<u>%</u>	<u>Interval</u>
77. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)		
A. I have never had sexual intercourse	64.4	(55.9-72.0)
B. No method was used to prevent pregnancy	5.9	(4.1-8.6)
C. Birth control pills	6.3	(4.4-8.9)
D. Condoms	16.6	(12.9-21.2)
E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	1.4	(0.7-2.6)
F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	1.4	(0.6-3.1)
G. Withdrawal or some other method	3.4	(2.1-5.5)
H. Not sure	0.6	(0.3-1.1)
78. During your life, with whom have you had sexual contact?		
A. I have never had sexual contact	49.8	(41.3-58.3)
B. Females	26.7	(20.6-33.8)
C. Males	16.9	(12.8-22.0)
D. Females and males	6.6	(4.5-9.6)
79. Which of the following best describes you?		
A. Heterosexual (straight)	84.8	(81.2-87.8)
B. Gay or lesbian	2.8	(1.7-4.5)
C. Bisexual	8.4	(6.0-11.5)
D. Not sure	4.1	(2.7-6.3)

**Body Weight**

The next question asks about body weight.

80. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

A. Yes	6.3	(4.8-8.2)
B. No	93.7	(91.8-95.2)

**Food**

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or any where else.

81. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

A. I did not drink 100% fruit juice during the past 7 days	27.5	(22.9-32.7)
B. 1 to 3 times during the past 7 days	34.4	(30.4-38.7)
C. 4 to 6 times during the past 7 days	14.1	(11.4-17.3)
D. 1 time per day	7.2	(5.4-9.5)
E. 2 times per day	7.2	(4.9-10.5)
F. 3 times per day	3.7	(2.4-5.5)
G. 4 or more times per day	5.9	(4.5-7.7)

95%ConfidenceWeighted%Interval

82. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)		
A. I did not eat fruit during the past 7 days	8.4	(6.4-10.9)
B. 1 to 3 times during the past 7 days	34.8	(30.5-39.3)
C. 4 to 6 times during the past 7 days	20.6	(18.2-23.2)
D. 1 time per day	12.6	(9.4-16.7)
E. 2 times per day	11.9	(9.8-14.4)
F. 3 times per day	6.3	(4.5-8.7)
G. 4 or more times per day	5.4	(4.1-7.0)
83. During the past 7 days, how many times did you eat green salad?		
A. I did not eat green salad during the past 7 days	38.6	(33.5-44.0)
B. 1 to 3 times during the past 7 days	35.3	(30.4-40.6)
C. 4 to 6 times during the past 7 days	10.9	(8.3-14.2)
D. 1 time per day	7.6	(6.0-9.8)
E. 2 times per day	3.8	(2.6-5.6)
F. 3 times per day	1.2	(0.5-2.8)
G. 4 or more times per day	2.5	(1.8-3.6)
84. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)		
A. I did not eat potatoes during the past 7 days	31.1	(27.3-35.1)
B. 1 to 3 times during the past 7 days	45.2	(40.4-50.0)
C. 4 to 6 times during the past 7 days	12.2	(9.7-15.2)
D. 1 time per day	4.6	(3.3-6.5)
E. 2 times per day	2.9	(1.5-5.4)
F. 3 times per day	1.5	(0.9-2.6)
G. 4 or more times per day	2.6	(1.6-4.1)
85. During the past 7 days, how many times did you eat carrots?		
A. I did not eat carrots during the past 7 days	47.2	(42.1-52.3)
B. 1 to 3 times during the past 7 days	33.4	(29.0-38.2)
C. 4 to 6 times during the past 7 days	9.4	(7.3-12.0)
D. 1 time per day	5.0	(3.5-7.1)
E. 2 times per day	2.0	(1.1-3.4)
F. 3 times per day	0.7	(0.3-1.7)
G. 4 or more times per day	2.4	(1.4-4.0)
86. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)		
A. I did not eat other vegetables during the past 7 days	15.5	(12.8-18.7)
B. 1 to 3 times during the past 7 days	40.5	(37.0-44.0)
C. 4 to 6 times during the past 7 days	20.8	(17.8-24.2)
D. 1 time per day	9.7	(7.9-11.8)
E. 2 times per day	7.8	(5.7-10.5)
F. 3 times per day	2.1	(1.1-3.9)
G. 4 or more times per day	3.7	(2.5-5.3)

	<b><u>Weighted</u></b>	<b><u>95%</u></b>
	<b><u>%</u></b>	<b><u>Confidence</u></b>
		<b><u>Interval</u></b>
87. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)		
A. I did not drink soda or pop during the past 7 days	23.4	(19.3-28.1)
B. 1 to 3 times during the past 7 days	41.5	(37.2-45.9)
C. 4 to 6 times during the past 7 days	16.5	(14.2-19.0)
D. 1 time per day	5.3	(3.6-7.8)
E. 2 times per day	5.6	(4.2-7.5)
F. 3 times per day	3.1	(2.0-4.8)
G. 4 or more times per day	4.6	(3.2-6.7)
88. During the past 7 days, on how many days did you eat breakfast?		
A. 0 days	14.9	(11.7-18.6)
B. 1 day	9.9	(5.9-16.2)
C. 2 days	9.2	(6.8-12.3)
D. 3 days	10.1	(7.9-12.7)
E. 4 days	6.9	(5.3-9.0)
F. 5 days	7.2	(5.4-9.6)
G. 6 days	5.6	(4.1-7.7)
H. 7 days	36.3	(29.8-43.3)

**Physical Activity**

The next 4 questions ask about physical activity.

89. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)		
A. 0 days	13.6	(10.8-17.0)
B. 1 day	8.1	(5.5-11.7)
C. 2 days	9.5	(7.3-12.4)
D. 3 days	7.2	(5.1-9.9)
E. 4 days	10.6	(8.1-13.8)
F. 5 days	15.5	(12.1-19.6)
G. 6 days	6.9	(5.3-9.0)
H. 7 days	28.7	(24.7-33.0)
90. On an average school day, how many hours do you watch TV?		
A. I do not watch TV on an average school day	13.1	(11.0-15.5)
B. Less than 1 hour per day	23.1	(19.4-27.3)
C. 1 hour per day	14.3	(10.9-18.6)
D. 2 hours per day	21.4	(18.5-24.7)
E. 3 hours per day	14.3	(12.2-16.8)
F. 4 hours per day	5.2	(4.0-6.6)
G. 5 or more hours per day	8.6	(6.5-11.3)

	<b><u>Weighted</u></b> <b><u>%</u></b>	<b><u>95%</u></b> <b><u>Confidence</u></b> <b><u>Interval</u></b>
91. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other networking tools, and the Internet.)		
A. I do not play video or computer games or use a computer for something that is not school work	17.2	(13.9-21.1)
B. Less than 1 hour per day	15.8	(12.8-19.5)
C. 1 hour per day	13.6	(11.4-16.2)
D. 2 hours per day	17.5	(15.3-20.0)
E. 3 hours per day	13.8	(11.5-16.5)
F. 4 hours per day	6.2	(4.5-8.4)
G. 5 or more hours per day	15.8	(12.0-20.6)
92. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
A. 0 days	51.6	(39.7-63.3)
B. 1 day	2.9	(1.7-4.9)
C. 2 days	2.2	(1.3-3.6)
D. 3 days	1.9	(0.8-4.4)
E. 4 days	1.9	(1.1-3.2)
F. 5 days	39.5	(28.4-51.9)
<b><u>Health-Related Topics</u></b>		
The next 4 questions ask about other health-related topics.		
93. Have you ever been taught about AIDS or HIV infection in school?		
A. Yes	82.4	(78.7-85.5)
B. No	11.7	(9.3-14.7)
C. Not sure	5.9	(4.2-8.1)
94. Has a doctor or nurse ever told you that you have asthma?		
A. Yes	26.2	(22.9-29.8)
B. No	68.1	(64.6-71.3)
C. Not sure	5.7	(4.0-8.2)
95. Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more)		
A. Yes	13.3	(10.9-16.1)
B. No	79.5	(75.8-82.8)
C. Not sure	7.2	(5.3-9.7)
96. Do you have any long-term emotional problems or learning disabilities? (Long-term means 6-months or more)		
A. Yes	14.1	(11.3-17.4)
B. No	76.7	(72.2-80.6)
C. Not sure	9.2	(6.7-12.7)

95%Weighted      Confidence  
%                      Interval**You and Your Family**

The next 3 questions ask for some information about you and your family.

97. How often do you speak a language other than English at home?		
A. Never	54.6	(49.4-59.7)
B. Less than half the time	23.2	(19.7-27.1)
C. About half the time	8.3	(6.3-11.0)
D. More than half the time but not all of the time	5.2	(3.9-7.0)
E. All of the time	8.7	(6.2-12.1)
98. Were you born in the USA?		
A. Yes	92.8	(90.4-94.7)
B. No	7.2	(5.3-9.6)
99. Do you have enough food to eat, sometimes not enough to eat, or often not enough to eat?		
A. Enough food to eat	84.7	(79.9-88.6)
B. Sometimes not enough to eat	12.4	(9.3-16.3)
C. Often not enough to eat	2.9	(1.8-4.6)

**Resiliency Factors**

The next questions ask about your family, your school, other adults, your friends, and yourself. How true do you feel the following statements are for you?

100. In my home, there is a parent or some other adult who is interested in my school work.		
A. Not true at all	7.6	(5.6-10.2)
B. A little true	16.8	(13.7-20.4)
C. Pretty much true	26.2	(22.5-30.2)
D. Very much true	49.4	(43.2-55.7)
101. In my home, there is a parent or some other adult who believes that I will be a success.		
A. Not true at all	4.4	(3.1-6.3)
B. A little true	11.7	(8.5-15.8)
C. Pretty much true	15.2	(12.6-18.1)
D. Very much true	68.7	(62.2-74.5)
102. At my school, there is a teacher or some other adult who listens to me when I have something to say.		
A. Not true at all	9.2	(6.9-12.3)
B. A little true	17.0	(14.2-20.3)
C. Pretty much true	35.9	(32.1-39.9)
D. Very much true	37.9	(33.9-42.0)

95%Confidence  
IntervalWeighted  
%

103. At my school, there is a teacher or some other adult who believes that I will be a success.		
A. Not true at all	6.1	(4.6-8.1)
B. A little true	14.5	(12.4-16.9)
C. Pretty much true	33.6	(30.2-37.2)
D. Very much true	45.8	(41.8-49.9)
104. Outside of my home and school, there is an adult who really cares about me.		
A. Not true at all	8.3	(6.5-10.6)
B. A little true	10.2	(7.5-13.6)
C. Pretty much true	18.3	(14.9-22.3)
D. Very much true	63.1	(57.6-68.3)
105. Outside of my home and school, there is an adult who tells me when I do a good job.		
A. Not true at all	8.6	(6.4-11.4)
B. A little true	16.4	(12.6-21.0)
C. Pretty much true	22.6	(19.7-25.7)
D. Very much true	52.5	(47.5-57.4)
106. I have a friend about my own age who really cares about me.		
A. Not true at all	4.9	(3.4-6.9)
B. A little true	9.5	(6.9-12.9)
C. Pretty much true	21.6	(18.2-25.4)
D. Very much true	64.0	(59.4-68.4)
107. When I am not at home, one of my parents/guardians knows where I am and who I am with.		
A. Not true at all	3.9	(2.7-5.7)
B. A little true	13.0	(10.4-16.0)
C. Pretty much true	32.3	(27.6-37.5)
D. Very much true	50.8	(45.2-56.4)
108. In my school, there are clear rules about what students can and cannot do.		
A. Not true at all	4.6	(3.1-6.6)
B. A little true	11.7	(8.9-15.3)
C. Pretty much true	33.2	(27.8-39.0)
D. Very much true	50.6	(44.0-57.1)
109. I plan to go to college or some other school after high school.		
A. Not true at all	5.4	(3.8-7.6)
B. A little true	6.2	(4.5-8.6)
C. Pretty much true	15.8	(12.6-19.5)
D. Very much true	72.6	(66.8-77.7)

95%Confidence

	<u>Weighted</u>	<u>Confidence</u>
	<u>%</u>	<u>Interval</u>
110. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council).		
A. Not true at all	34.2	(28.1-40.9)
B. A little true	14.3	(11.5-17.6)
C. Pretty much true	12.8	(10.2-15.9)
D. Very much true	38.7	(32.0-45.9)
111. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.		
A. Not true at all	35.8	(29.4-42.7)
B. A little true	13.4	(11.0-16.3)
C. Pretty much true	12.5	(9.7-15.9)
D. Very much true	38.3	(32.3-44.8)
112. Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.		
A. Not true at all	19.5	(15.2-24.7)
B. A little true	14.9	(12.4-17.8)
C. Pretty much true	20.1	(17.3-23.2)
D. Very much true	45.5	(40.1-51.0)
113. My friends get into a lot of trouble.		
A. Not true at all	33.6	(29.6-37.7)
B. A little true	43.5	(38.6-48.5)
C. Pretty much true	14.1	(11.3-17.5)
D. Very much true	8.9	(6.8-11.5)
114. During the past 30 days, how many days of school did you miss classes or school without permission?		
A. 0 days	74.4	(70.4-77.9)
B. 1 or 2 days	14.4	(11.1-18.4)
C. 3 to 5 days	6.6	(4.9-9.0)
D. 6 to 9 days	2.8	(1.8-4.3)
E. 10 or more days	1.9	(1.2-2.8)





## Appendix B: About this Report

This report contains results from the 2013 New Mexico High School Youth Risk and Resiliency Survey (YRRS). The YRRS is a statewide survey of public school students in middle schools and high schools throughout New Mexico. Statewide and county level results are available at [www.YouthRisk.org](http://www.YouthRisk.org) and [nmhealth.org/go/youth](http://nmhealth.org/go/youth). In addition, school district reports have been prepared for each participating school district and have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. School district level results will not be released without express permission of the school district superintendent. Forms for requesting school district data are available at [www.YouthRisk.org](http://www.YouthRisk.org). Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

The YRRS is organized into two major content areas: risk behaviors and protective (resiliency) factors. Risk behaviors include behaviors associated with unintentional injury, violence, mental health, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition. Protective or resiliency factors are measures of the positive and supportive relationships, experiences, activities, resources and values that encourage healthy youth development. Resiliency factors and related traits include caring and supportive relationships in the family, school, community and with peers; boundaries set by the family and school; positive peer support; meaningful participation and constructive use of time in school and outside of school.

### Using the Report

The main section of this report consists of a series of charts illustrating results from the 2013 YRRS. Risk behaviors are organized into modules by topic area, with each module starting with one or more line charts demonstrating change in behaviors over the years of the survey. The line charts are followed by a set of bar charts showing a comparison of risk behaviors between the state and the county or school district, a comparison between boys and girls within the county or school district, and a comparison by grade level within the county or school district. For counties or school districts with very few numbers or that haven't participated consistently in the YRRS, some of these charts may be omitted.

The charts about risk behaviors are followed by two sets of charts about resiliency/protective factors. The first of these two sections compares the state rate for each resiliency factor to the the county or school district rate. The second section illustrates the relationship between risk behaviors and protective factors. This section consists of a set of bar charts, each showing the prevalence of a particular risk behavior for students with varying levels of selected protective factors.

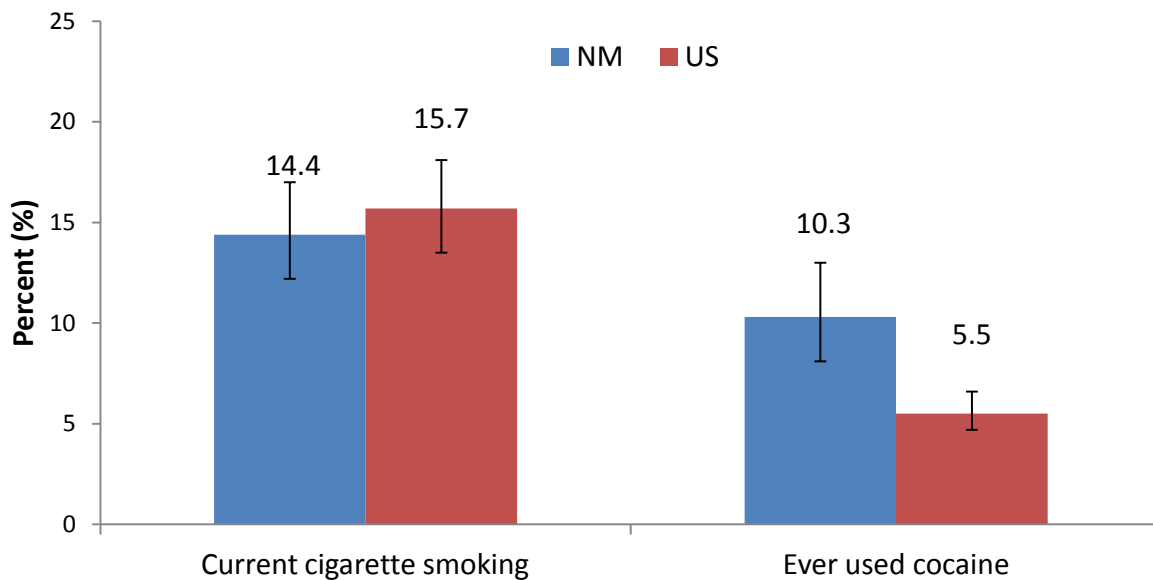
### Understanding the Charts - and a Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given protective factor. The height of the bars conveys the percentage of students reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. A label for each bar presents the actual percentage of students who reported each trait. For instance, the chart on page 21, Unintentional Injury, shows that 7.6% of students in New Mexico rarely or never wore seatbelts, while 6.5% of students in Sandoval County rarely or never wore seatbelts.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are from a **sample** of students, and not the entire student body, the results in this report are **estimates**. As with all estimates, there is some uncertainty associated with each of these results. On the charts in this report, this degree of uncertainty is represented by an error bar (confidence interval). The error bar is the thin 'I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the size of the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

The proper interpretation of an error bar can be illustrated by looking at the chart below. This chart compares the New Mexico prevalence of cigarette smoking and cocaine use to the United States prevalence for 2013. The chart shows that the prevalence of current cigarette smoking was 14.4% in New Mexico and 15.7% in the United States. The error bar for the estimate of current smoking among New Mexico students extends a little more than 2 percentage points in either direction, from 12.2% to 16.8%. This means that we are confident that the actual percentage of smokers in this group of students was between 12.2% and 16.8%. The error bar for the estimate of current smoking in the US also extends more than 2 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 13.5% and 18.1%.

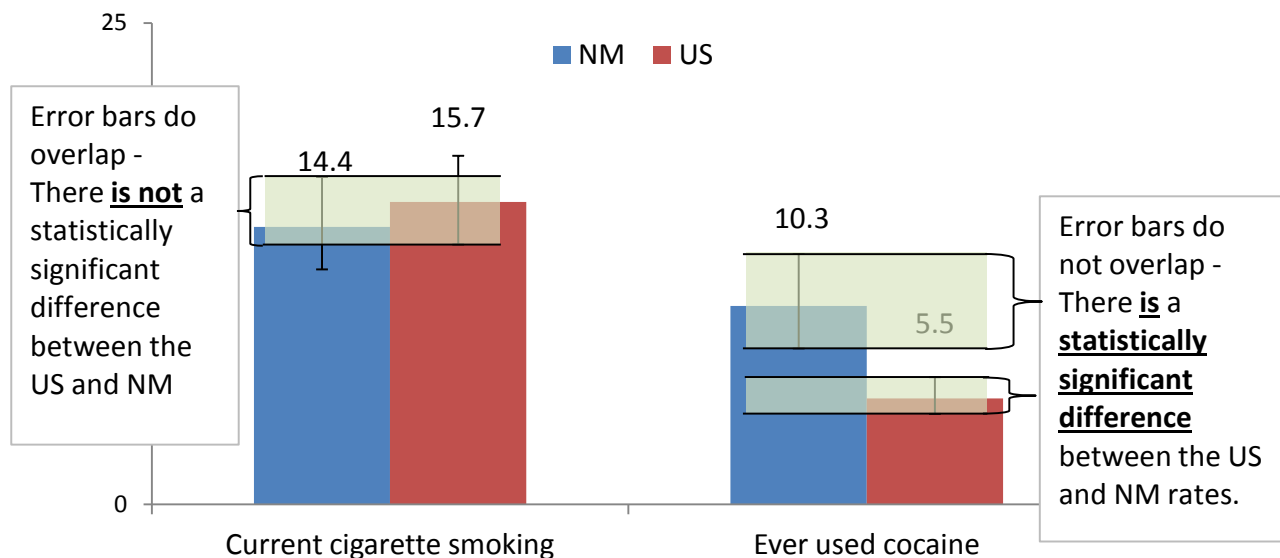
**Current Cocaine Use and Current Cigarette Smoking  
Grades 9-12, NM & US, 2013**



How does knowing the upper and lower limits of our error bars help us? While it appears at first glance that New Mexico has a lower prevalence of smoking than the United States (14.4% vs. 15.7%), a closer look at the error bars shows a more complicated picture. The error bars for the New Mexico estimate (12.2%–16.8%) and the US estimate (13.5%–18.1%) overlap. Because of this overlap, we do not have a high degree of confidence that the prevalence of smoking in New Mexico was actually different from the prevalence in the United States. In other words, the difference between the prevalence of smoking in New Mexico and the United States was not statistically significant.

For cocaine use it appears that New Mexico had a higher prevalence than the United States (10.3% vs. 5.5%). The error bar for New Mexico extends from 8.1% to 13.0%, and the error bar for the United States extends from 4.7% to 6.6%. Because the higher bound of the US error bar (6.6%) is lower than the lower bound of the NM error bar (10.3%), these error bars do not overlap. For cocaine use, we are confident in saying that the New Mexico prevalence was higher than the US prevalence. In other words, the difference between the prevalence of cocaine use in New Mexico and the United States was a statistically significant difference.

**Current Cocaine Use and Current Cigarette Smoking  
 Grades 9-12, NM & US, 2013**



For some small areas, error bars have been removed from this report. With small populations, the number of students sampled can approach the total student population. In these cases, error bars would have limited meaning because with a high percentage of students surveyed, there is less uncertainty around the estimates than error bars suggest.

**Appendix C: Risk Behavior and Resiliency/Protective Factor Definitions**Injury

Rarely or never wore a bicycle helmet

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car driven by someone else?*

AMONG those who reported riding a bicycle

Never or Rarely Wore a Seatbelt

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car driven by someone else?*

Texted or e-mailed while driving

Answered '1 time' or more to the question, *During the past 30 days, how many times did you text or e-mail while driving a car or other vehicle?*

AMONG those who drove a car or other vehicle

Has a gun in the home

Answered 'Yes' or more to the question, *Is there a gun in your home?*

Carried a gun

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a gun?*

Violence-Related Behaviors

Carried a weapon

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

In a physical fight

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight?*

Physical dating violence

Answered '1 time' or more to the question, *During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)*

Sexual dating violence

Answered '1 time' or more to the question, *During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)*

Ever forced to have sexual intercourse

Answered 'Yes' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Bullied electronically

Answered 'Yes' to the question, *During the past 12 months, have you ever been bullied on school property?*

Bullied on school property

Answered 'Yes' to the question, *During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Carried a weapon on school property

Answered '1day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

Skipped school due to safety concerns

Answered '1day' or more to the question, *During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?*

In a physical fight on school property

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

### Mental Health

Non-suicidal self harm

Answered '1 time' or more to the question, *During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?*

Felt sadness or hopelessness

Answered 'Yes' to the question, *During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?*

Seriously considered suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting suicide?*

Made a suicide plan

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

Attempted suicide

Answered '1 time' or more to the question, *During the past 12 months, how many times did you actually attempt suicide?*

Suicide attempt with injury

Answered 'Yes' to the question, *If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?*

### Tobacco Use: Cigarettes

Ever smoked cigarettes

Answered 'Yes' to the question, *Have you ever tried cigarette smoking, even one or two puffs?*

Smoked cigarettes before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you smoked a whole cigarette for the first time?*

Current cigarette smoking (Smoked at least one cigarette in past 30 days)

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Frequent cigarette smoking (Smoked at least 11 cigarettes per day)

Answered '20 to 29 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Smoked cigarettes on school property

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes on school property?*

## Tried to quit smoking cigarettes

Answered 'Yes' or more to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

AMONG

current cigarette smokers

## Successful attempt to quit smoking

Answered 'Yes' or more to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

AND

were not current cigarette smokers

## Unsuccessful attempt to quit smoking

Answered 'Yes' or more to the question, *During the past 12 months, did you ever try to quit smoking cigarettes?*

AND

were current smokers

Tobacco: Other Use and Exposure

## Current cigar use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?*

## Current spit tobacco use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

## Any current tobacco use

Any form of tobacco use in the past 30 days (smoked cigarettes or cigars, spit tobacco, or smoked tobacco with a hookah).

## Exposed to second hand cigarette smoke

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

Alcohol

## Ever drank alcohol

Gave any response other than 'I have never had a drink of alcohol other than a few sips' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

## Current drinking

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

## Binge drinking

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

## Extreme binge drinking

Answered '10 or more drinks' or more to the question, *During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?*

First drink before age 13

Answered '11 or 12 years old or younger' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Drank alcohol on school property

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol on school property?*

Rode with drinking driver

Answered '1 time' or more to the question, *During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?*

Drinking and driving

Answered '1 day' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

### Marijuana Use

Ever used marijuana

Gave any response other than 'I have never tried marijuana' to the question, *How old were you when you tried marijuana for the first time?*

Current marijuana use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use marijuana?*

Tried marijuana before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

### Other Drug Use

Current painkiller use to get high

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Current inhalant use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Current cocaine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Current ecstasy use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used ecstasy?*

Current methamphetamine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

Current heroin use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?*

Improper prescription drug use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

Lifetime cocaine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Lifetime ecstasy use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used ecstasy?*

Lifetime methamphetamine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

Lifetime heroin use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used heroin (also called smack, junk, or China White)?*

Injection drug use

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

Most or all close friends have used drugs such as marijuana or cocaine

Answered 'Most' or 'All' to the question, *Among the people you consider to be your closest friends, how many would you say do the following - Have used drugs such as marijuana or cocaine?*

Offered or sold drugs on school property

Answered 'Yes' to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

Easy to get illegal drugs

Answered 'Sort of easy' or 'Very easy' to the question, *If you wanted to, how hard or easy would it be to get cocaine, LSD, methamphetamines, or other illegal drug?*

Knew an adult who used drugs

Answered '1 adult' or more to the question, *How many adults have you known personally who, in the past year, have used marijuana, cocaine, or other drugs?*

### Sexual Activity

Ever had sexual intercourse

Gave any response other than 'I have never had sexual intercourse' to the question, *How old were you when you had sexual intercourse for the first time?*

Sexually active

Respondent reported having sexual intercourse within the previous 3 months. Answered '1 person' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

Had sexual intercourse before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?*



Had sexual intercourse with four or more people

Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?*

(among all students or among sexually active students, as noted)

Used alcohol or drugs before sex

Answered 'Yes' to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?*

Used condom

Answered 'Yes' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who reported being "Sexually active" (see above)

Did not use condom

Answered 'No' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

AMONG those who reported being "Sexually active" (see above)

Used reliable birth control method

Answered 'Birth control pills' or 'Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD' to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?*

AMONG those who reported being "Sexually active" (see above)

Used both a condom and reliable birth control

Reported using reliable birth control (see above)

AND used a condom at last sex (see above)

AMONG those who reported being "Sexually active" (see above)

Gender of sexual contact

Response to the question, *During your life, with whom have you had sexual contact?*

Lesbian, gay, or bisexual

Answered 'Gay or lesbian' or 'Bisexual' to the question, *Which of the following best describes you?*

### Nutrition

Five servings of fruits and/or vegetables daily

Reported consuming five or more daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the past 7 days.

Ate three or more vegetables per day

Reported consuming 3 or more daily servings of green salad, potatoes, carrots, or other vegetables.

Daily soda

Answered '1 time per day' or more to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)*

Three or more sodas daily

Answered '3 times per day' or more to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)*

Ate breakfast daily

Answered '7 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Never ate breakfast

Answered '0 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

### Physical Activity

No days of physical activity per week

Answered '0 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Five days of physical activity per week

Answered '5 days' or more to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Daily physical activity

Answered '7 days' to the question, *During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

Watched TV three or more hours per day

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you watch TV?*

Computer use or video gaming three or more hours per day

Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)?*

Total screen time three or more hours per day

Answered a combined total of '3 hours per day' or more to the two questions above (i.e., TV viewing and or computer/video usage).

No PE in school

Answered '0 days' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Daily PE in school

Answered '5 days' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Body Weight

*Note: Body Mass Index (BMI) was calculated from self reported height and weight.*

## Overweight

Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th national BMI for age and sex, based on historical data.

## Obese

Greater than or equal to the 95th national BMI percentile for age and sex, based on historical data.

## Overweight or obese

Greater than or equal to the 85th national BMI percentile for age and sex, based on historical data.

Other Behaviors and Characteristics

## Ever taught about HIV in school

Answered 'Yes' to the question, *Have you ever been taught about AIDS or HIV infection in school.*

## Asthma

Answered 'Yes' the question, *Has a doctor or nurse ever told you that you have asthma?*

## Long term physical disability

Answered 'Yes' the question, *Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more)*

## Long term emotional problems or learning disabilities

Answered 'Yes' the question, *Do you have any long-term emotional problems or learning disabilities? (Long-term means 6-months or more)*

Resiliency/Protective Factors

Unless otherwise noted, responses in the resiliency/protective factor sections of this report refer to respondents who answered "Very much true" to the questionnaire item indicated.



